

MONDAY



TUESDAY

1

Breakfast
Snackin' Cinnamon Waffles (v)
Welcome Back BBQ Themed Lunch
Hamburger/Cheeseburger
Oven Baked Hot Dog
Baked Beans
Fruit Cup
Treat Day!

WEDNESDAY

2

Breakfast
WG Breakfast Sandwich
Lunch
NEW! Dragon Orange Chicken w/Noodles (Spicy)
Oven Baked Corn Dog
Ants on a Log Bento Box (V)
Featured Side: Steamed Peas

THURSDAY

3

Breakfast
WG Sausage Breakfast Pizza
Lunch
Creamy Macaroni & Cheese (v)
Taco Joe Burger
American Sandwich
Featured Side: Steamed Carrot Coins

FRIDAY

4

Breakfast
Cinnamon/Sugar Pancake Bites (v)
Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Sausage Pizza
Fish Sticks w/WG Roll
Chef Salad w/WG Rolls
Featured Side: Steamed Corn

Breakfast Choices Include: Choice of Entree', Choice of Fruit(s) and Low-Fat or Fat-Free Milk

7

NO SCHOOL
LABOR DAY

8

Breakfast
WG Pancakes (v)
Lunch
Chicken Nuggets w/WG Roll
Turkey Soft Taco
Fruit & Yogurt to go Box (v)
Featured Side: French Fries

9

Breakfast
WG Chocolate Chip UBR (v)
Lunch
Golden Pretzel w/Cheese Sauce (v)
NEW! Smokehouse Beef Chickpea Bowl w/WG Rolls
Turkey & Cheese Sandwich
Featured Side: Seasoned Green Beans

10

Breakfast
CTC Breakfast Bar (v)
Lunch
Spaghetti w/MT Meat Sauce
Tomato Soup/Cheese Toaster (v)
Peppi Pizza Salad w /WG Rolls
Featured Side: Steamed Peas

11

Breakfast
WG Mini Cinni (v)
Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Nashville Hot Chicken Pizza
Hamburger/Cheeseburger
Protein Power Up Pack Box (v)
Featured Side: Steamed Corn

In addition to our healthy choice salad bar, students can add condiments or toppings to their entree's!

14

Breakfast
WG Pancake Wrap
Lunch
Crispy Chicken Burger
Tater Tot Casserole w/Rolls
Sunbutter & Jelly Sandwich (v)
Featured Side: Parmesan Green Beans

15

Breakfast
WG BeneFIT Bar (v)
Lunch
NEW! Western Wedge Chicken Potato Bowl w/Wg Rolls
Oven Baked Corn Dog
Deli Stackable Box
Featured Side: Roasted Garbanzos

16

Breakfast
WG Breakfast Sandwich
Lunch
Cheesy Breadsticks w/Sauce (v)
Creamy Chicken Alfredo Pasta
American Sandwich
Featured Side: Steamed Corn

17

Breakfast
Egg Bites W/WG Toast (v)
Lunch
B4L:Fr. Toast Sticks/Sausage Links
Taco Joe Burger
Fruit & Yogurt to go Box (v)
Featured Side: Tater Tot

18

Breakfast
WG Cinnamon UBR (v)
Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Chicken Bacon Ranch
Fish Sticks w/WG Roll
Protein Power Up Box (v)
Featured Side: Steamed Corn

21

Breakfast
Cinnamon/Sugar Pancake Bites (v)
Lunch
Hamburger/Cheeseburger
Sweet & Sour Chicken over Rice
Sunbutter & Jelly Sandwich (v)
Featured Side: Seasoned Corn

22

Breakfast
WG Mini Maple Waffles (v)
Lunch
Beefy Nachos
Tomato Soup/Cheese Toaster (v)
Deli Stackable Box
Featured Side: Heated Pinto Beans

23

Breakfast
WG Chocolate Chip UBR (v)
Lunch
Oven Grilled Hot Dog
BBQ Pulled Pork Sandwich
Fruit & Yogurt to go Box (v)
Featured Side: Steamed Peas

24

Breakfast
WG French Toast Sticks (v)
Lunch
Oven Baked Corn Dog
Golden Pretzel w/Cheese Sauce (v)
Chef Salad w/WG Rolls
Featured Side: Steamed Carrot Coins

25

Breakfast
WG Mini Cinni (v)
NATIONAL QUESADILLA DAY!
Cheese Quesadilla (v)
Chicken Quesadilla
Crispy Chicken Burger
Italian Sub Sandwich
Featured Side: Seasoned Green Beans

28

NO SCHOOL
PIR DAY

29

Breakfast
WG Sausage Breakfast Pizza
Lunch
Cheesy Breadsticks w/Sauce (v)
Korean Meatballs w/Brown Rice
Ants on a Log Box (v)
Featured Side: Steamed Peas

30

Breakfast
WG Mini Maple Pancakes (v)
Lunch
Chicken Nuggets w/WG Roll
Spaghetti w/MT Meat Sauce
Fruit & Yogurt to go Box (v)
Featured Side: Baked Beans

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The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to

both your school nurse and school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

1.U.S. Food & Drug Administration Website
Food Allergies Information available at:
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2.Food Allergy Research & Education (FARE)
Information available at: <https://www.foodallergy.org/>



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

Know that food allergies are very serious. If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

Don't share your food with friends who have food allergies. For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

Wash hands after eating. Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

Help all of your friends and classmates have fun together! There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

If a friend with food allergies feels sick, get help right away! If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

****WE ARE GOING TO PAPERLESS MENUS EFFECTIVE OCTOBER 2026.PLEASE REFER TO THE FRONT SCAN CODES TO DOWNLOAD NUTRISLICE ON YOUR PERSONAL DEVICE OR PLEASE SEE THE DISTRICT WEB SITE FOR MENUS****

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Nutrition Information is available upon request.

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BREAKFAST MENU

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