

**Menus for
September
2026**

K-12 Café Menu



**Our meals are convenient,
economical, and healthy.
Please join us often!**

All of our complete meals are always

NO CHARGE

**for all students with no need
to submit an application!**



**Every complete meal
we serve comes with
your choice of milk!**



**Happy birthday
to everyone who
is another year
older this month!
Enjoy your day!**

**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**

Tuesday, September 1

Breakfast

Breakfast bar
Assorted cereal

Lunch

Max cheese filled sticks
Marinara sauce
Pretzels, peas
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, September 2

Breakfast

French toast sticks
Assorted muffins

Lunch

Chicken quesadilla
Salsa, sour cream
Rice and corn
Fruit filled churro

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, September 3

Breakfast

Cheese omelet
Assorted cereal

Lunch

Sloppy Joe sandwich on bun
Sun chips
Side salad w/dressing
Mixed fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, September 4

**HAPPY
LABOR DAY!**

**No School
Today!**

**Enjoy the long
weekend!**

Monday, September 7



**HAPPY
★ LABOR DAY! ★
NO SCHOOL**

Tuesday, September 8

Breakfast

Breakfast wrap
Assorted muffins

Lunch

Orange chicken
Rice
Steamed broccoli
Specialty cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, September 9

Breakfast

Yogurt, granola bar, fruit
Assorted cereal

Lunch

French toast slice with syrup
Sausage patty
Hash browns
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, September 10

Breakfast

Lemon bread
Assorted muffins

Lunch

Ham and cheese pretzel bun
Doritos
Tossed salad w/ dressing
Side kick fruit ice

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, September 11

Breakfast

Bagel w/cream cheese
Assorted cereal

Lunch

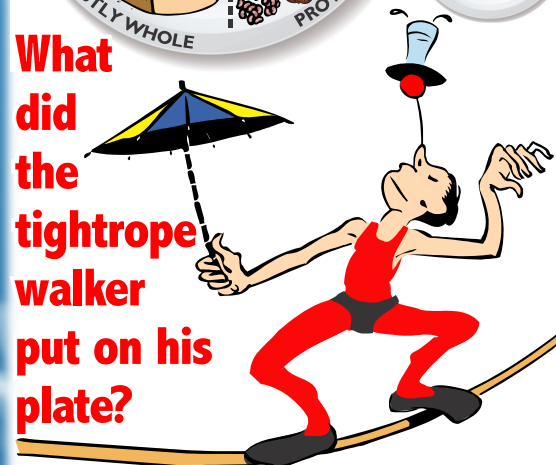
Bosco cheese filled sticks
Marinara sauce
Romaine salad w/ croutons
Fruit snack

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



**What's on
YOUR
plate?**

**What
did the
tightrope
walker
put on his
plate?**



A WELL-BALANCED MEAL! And you should, too!

Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you'll never lose your balance!

**Learn more at www.MYPLATE.gov or
<http://kidshealth.org/en/kids/nutrition/food/>**

Monday, September 14

Breakfast

Mini waffles
Assorted muffins

Lunch

Grilled BBQ chicken on roll
French fries
Steamed peas and carrots
Pineapple bites

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, September 15

Breakfast

Ham and cheese slider
Assorted cereal

Lunch

Taco Tuesday on soft shells
Lettuce, tomato, cheese
Salsa, rice, beans, corn
Fruit filled churro

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, September 16

Breakfast

Oatmeal and fruit bar
Assorted muffins

Lunch

Grilled cheese sandwich
Goldfish crackers
Tomato soup
Fresh fruit selection

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, September 17

Breakfast

Pumpkin bread
Assorted cereal

Lunch

Cherry blossom chicken
Rice
Steamed broccoli
Cherries

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, September 18

Breakfast

Breakfast burrito
Assorted muffins

Lunch

Chef's choice pizza day
Baked chips
Tossed salad w/ dressing
School cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

★ **OUR NATION'S HISTORY** ★

Before Benedict Arnold betrayed his young country and became the most infamous traitor in our history, he was among the greatest American soldiers of the Revolutionary War. But by the time he was named commander of the key fort at West Point, New York in the summer of 1780, he had already been secretly collaborating with the British enemy for over a year.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★

Monday, September 21

**No School
Today!**

Tuesday, September 22

Breakfast

Ultimate breakfast round
Assorted muffins

Lunch

Popcorn chicken w/ dip
Scalloped potatoes
Buttered corn
Sliced apples

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, September 23

Breakfast

Scrambled eggs w/ cheese
Assorted cereal

Lunch

BBQ Rib sandwich on roll
French fries
Mixed vegetables
Pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, September 24

Breakfast

Frudel
Assorted muffins

Lunch

Assorted cold hoagies
Sun chips
Lettuce, tomato, pickles
Graham cookies

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, September 25

Breakfast

Breakfast tornado
Assorted cereal

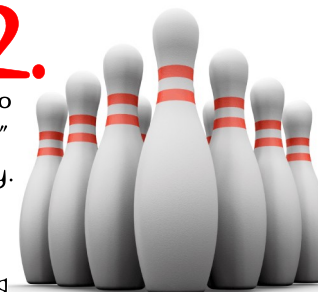
Lunch

Pasta with meatballs
Garlic breadstick
Side salad with dressing
Peaches and cream

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

10 x 2.

Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 28

Breakfast

Banana bread
Assorted muffins

Lunch

Beef or chicken empanada
Salsa and sour cream
Seasoned rice, steamed peas
Tropical fruit salad

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, September 29

Breakfast

Cereal bar
Assorted cereal

Lunch

Hot dog on wheat roll
Mashed potatoes
Baked beans
Individual dessert treat

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, September 30

Breakfast

Egg and cheese biscuit
Assorted muffins

Lunch

Pancakes with syrup
Sausage patty
Hash browns
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

**Only an
Illusion**

Which line is longer, A or B? Most of us would say that line B is obviously longer than A, but that's actually not the case -- they are exactly the same length. The perspective of the railroad tracks creates the illusion that the line between the tracks must be shorter! And, by the way, the "B" is also exactly centered on the "A"! If you're interested, you can learn more by searching on line for "Ponzo Illusion".

