

September 2026-Fridley Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Summer Break	1 Main: Chicken Nuggets Sun Chips Assorted Fruit & Veg Alt: Hot Dog on a Bun	2 Main: Hamburger or Cheeseburger on a Bun Potato Wedges Assorted Fruit & Veg Alt: Hot Dog on a Bun	3 Main: Crispy Chicken Patty on a Bun Roasted Sweet Potatoes Assorted Fruit & Veg Alt: Pizza	4 Main: Cheese or Pepperoni Pizza Mixed Veggie Salad Assorted Fruit & Veg Alt: Cook's Choice
7 No School - LABOR DAY	8 Main: Oven Roasted Chicken Drumstick Dutch Waffle Hot Apple Slices Assorted Fruit & Veg Alt: Hamburger on Bun	9 Main: Turkey Barbacoa Burrito Bowl Cilantro Lime Rice Tostito Chips Ranchero Pinto Beans Assorted Fruit & Veg Alt: Mac & Cheese Bites	10 Main: Mand Orange Chicken Brown Rice Garlic Green Beans Assorted Fruit & veg Alt: Pizza	11 Main: Hot Dog on Bun Smashed Tater Tots Assorted Fruit & Veg Alt: Cook's Choice
14 Main: Chicken Patty Roasted Parmesan Potato Assorted Fruit & Veg Alt: Hamburger on Bun	15 Main: Beef Taco Stick Fiesta Black Beans Assorted Fruit & Veg Alt: Spicy or Regular Chicken patty on a Bun	16 Main: Turkey Chili Small Fritos Honey Roasted Carrots Assorted Fruit & Veg Alt: Corn Dog on a Stick	17 Main: Pizza Cruncher Roasted Broccoli Assorted Fruit & Veg Alt: Pizza	18 Main: Pizza Steamed Corn Assorted Fruit & Veg Alt: Cook's Choice
21 Main: General Tso Chicken & Rice Roasted Chili Edamame Assorted Fruit & Veg Alt: Cheeseburger on Bun	22 Main: Kick 'N' Chicken Mashed Potatoes Gravy & Corn Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	23 Main: Chicken Alfredo Penne Pasta Garlic Breadstick Spinach Salad Assorted Fruit & Veg Alt: Calzone & Marinara	24 Main: Cheese Quesadilla Mexican Beans Assorted Fruit & Veg Alt: Pizza	25 Main: Homemade Cheesy Bread Marinara Sauce Cup Lettuce Salad Assorted Fruit & Veg Alt: Cook's Choice

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28 Main: Hamburger on Bun Crinkle Cut Fries Assorted Fruit & Veg Alt: Regular or Spicy Chicken Patty	29 Main: Cheesy Enchilada Ranchero Pinto Beans Assorted Fruit & Veg Alt: Cheeseburger on Bun	30 Main: Chicken Drumstick Cheddar Goldfish Roasted Sweet Potato Assorted Fruit & Veg Alt: Cheeseburger Bites	1 Main: Mac & Cheese Chicken Nuggets Roasted Broccoli Assorted fruit & veg Alt: Pizza	2 Main: Beef Philly Sand Fajita Veg Assorted Fruit & Veg Alt: Cook's Choice

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.

