

# September 2026-Fridley High School Lunch



| MONDAY                                   | TUESDAY                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                             |
|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Summer Break                             | <b>1</b><br><b>Main:</b> Chicken Nuggets<br>Sun Chips<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Hot Dog Bun<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento                                                                                      | <b>2</b><br><b>Main:</b> Hamburger or Cheeseburger on a Bun<br>Potato Wedges<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Hot Dog Bun<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento                                                                    | <b>3</b><br><b>Main:</b> Chicken Patty on a Bun<br>Roasted Sweet Potatoes<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Pizza<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento                                                               | <b>4</b><br><b>Main:</b> Cheese or Pepperoni Pizza<br>Mixed Veggie Salad<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Cook's Choice<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Turkey Pesto Sub, Mexican Wrap |
| <b>7</b><br><b>No School - LABOR DAY</b> | <b>8</b><br><b>Main:</b> Oven Roasted Chicken Drumstick<br>Dutch Waffle<br>Hot Apple Slices<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Hamburger on Bun<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Taco Salad, Honey Mustard Turkey Ham Sub | <b>9</b><br><b>Main:</b> Turkey Barbacoa Bowl<br>Cilantro Lime Rice and Tostitos<br>Ranchero Pinto Beans<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Pizza Crunchers<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Chipotle Sub, Asian Chicken Salad | <b>10</b><br><b>Main:</b> Mand Orange Chicken<br>Rice & Sweet Chili Doritos<br>Garlic Green Beans<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Pizza<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Sante Fe Salad, Teriyaki Chicken Sub | <b>11</b><br><b>Main:</b> Pizza<br>Steamed Corn<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Cook's Choice<br><b>Grains &amp; Greens:</b> Yogurt Parfait , PBJ Bento, Turkey Pesto Sub, Mexican Wrap                         |

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.



# September 2026-Fridley High School Lunch

| MONDAY                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>14<br/><b>Main:</b> Chicken Patty on Bun<br/>Roasted Parmesan Potato<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Hamburger or Cheeseburger on Bun<br/>Assorted Fruit and Veg<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Italian Sub, Parmesan Garlic Chicken Wrap</p>       | <p>15<br/><b>Main:</b> Toasted Ravioli with Marinara Sauce<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Regular or Spicy Chicken Patty on Bun<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Taco Salad, Honey Mustard Ham Sub</p>                                 | <p>16<br/><b>Main:</b> Turkey Chili<br/>Large Frito Bag<br/>Honey Roasted Carrots<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Hot Dog on Bun w/ Sour Cream &amp; Onion Goldfish<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Chipotle Sub, Asian Chicken Salad</p> | <p>17<br/><b>Main:</b> Chicken Wings<br/>Nacho Chips<br/>Buffalo Roasted Cauliflower<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Pizza<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Sante Fe Salad, Teriyaki Chicken Sub</p>                | <p>18<br/><b>Main:</b> French Bread Pizza<br/>Marinara Sauce<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Cook's Choice<br/><b>Grains &amp; Greens:</b> Yogurt Parfait , PBJ Bento, Turkey Pesto Sub, Mexican Wrap</p> |
| <p>21<br/><b>Main:</b> General Tso Chicken<br/>Seasoned Rice<br/>Sweet Chili Chips<br/>Roasted Chili Edamame<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Hamburger or Cheeseburger on Bun<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Italian Sub, Parm Garlic Chicken Wrap</p> | <p>22<br/><b>Main:</b> Kick N Chicken<br/>Mashed Potatoes , Gravy<br/>Corn, Biscuit<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Regular or Spicy Chicken Patty on Bun<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Taco Salad, Honey Mustard Turkey Ham Sub</p> | <p>23<br/><b>Main:</b> Mongolian Beef<br/>Brown Rice &amp; Egg Roll<br/>Sesame Green Beans<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Chicken Brown Rice &amp; Naan Bread<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Chipotle Sub, Asian Chicken Salad</p>      | <p>24<br/><b>Main:</b> Chicken Alfredo<br/>Penne Pasta<br/>Garlic Breadstick<br/>Spinach Salad<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Quesadilla<br/><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Santa Fe Salad, Teriyaki Chicken Sub</p> | <p>25<br/><b>Main:</b> Homemade Pizza<br/>Lettuce Salad<br/>Assorted Fruit &amp; Veg<br/><b>Growler Grill:</b> Cook's Choice<br/><b>Grains &amp; Greens:</b> Yogurt Parfait , PBJ Bento, Turkey Pesto Sub, Mexican Wrap</p>      |

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.

# September 2026-Fridley High School Lunch

| MONDAY                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28<br><b>Main:</b> Hamburger or Cheeseburger on Bun<br>Crinkle Cut Fries<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Pizza<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Italian Sub, Parm Garlic Chicken Wrap | 29<br><b>Main:</b> Enchilada Bake<br>Tostito Chips<br>Fiesta Black Beans<br>Assorted Fruit & Veg<br><b>Growler Grill:</b> Regular or Spicy Chicken Patty on Bun<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Taco Salad, Honey Mustard Turkey Ham Sub | 30<br><b>Main:</b> Drumstick<br>Garlic Knot<br>Roasted Sweet Potato<br>Assorted Fruit & Veg<br><b>Growler Grill:</b> Lasagna Roll Up & Garlic Knot<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Chipotle Sub, Asian Chicken Salad | 1<br><b>Main:</b> Mac & Cheese<br>Chicken Nuggets<br>Roasted Broccoli<br>Assorted Fruit and Veg<br><b>Growler Grill:</b> Cheeseburger on Bun<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Santa Fe Salad, Teriyaki Chicken Sub | 2<br><b>Main:</b> Garlic Pizza<br>Honey Roasted Carrots<br>Assorted Fruit & Veg<br><b>Growler Grill:</b> Cook's Choice<br><b>Grains &amp; Greens:</b> Yogurt Parfait, PBJ Bento, Turkey Pesto Sub, Mexican Wrap |

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.