Stride Academy Lunch Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Welcome Back! We hope you had a great summer!	**1** Cheeseburger on WG Bun Dill Seasoned Wedges Chicken Caesar Salad Crispy Chicken Sandwich WG Bun Baby Carrots Apple 1% Unflavored White Milk Fat Free Chocolate Milk	**2** Popcorn Chicken Mashed Potatoes Chicken Caesar Salad Fish Sandwich with Cheese Steamed Corn Banana 1% Unflavored White Milk Fat Free Chocolate Milk	**3** Walking Taco Salsa Chicken Caesar Salad Cheeseburger on Bun Spiced Pinto Beans Cherry Tomato Clementine Orange 1% Unflavored White Milk Fat Free Chocolate Milk	**4** Cheesy Bosco Stick Marinara Sauce Chicken Caesar Salad Chicken Corn Dog Romaine Lettuce Variety Fresh Fruit 1% Unflavored White Milk Fat Free Chocolate Milk
7 Happy Labor Day! No School!	**8** Mini Corn Dogs French Fries Turkey & Cheese Flatbread Fish Sandwich w/Cheese Vegetarian Baked Beans Fresh Cantaloupe 1% Unflavored White Milk Fat Free Chocolate Milk	**9** Orange Chicken Brown Rice, WG Turkey & Cheese Flatbread 100 % Beef Hot Dog Broccoli Florets Cucumber Slices Fresh Grapes 1% Unflavored White Milk Fat Free Chocolate Milk	**10** Fluffy Pancakes Turkey Sausage Patty Turkey & Cheese Flatbread Cheeseburger on Bun Breakfast Potatoes Celery Sticks Diced Peaches 1% Unflavored White Milk Fat Free Chocolate Milk	**11** Pasta w/ Hearty Meat Sauce Garlic Toast Turkey & Cheese Flatbread Spicy Chicken Sandwich Carrot Sticks Variety Fresh Fruit 1% Unflavored White Milk Fat Free Chocolate Milk
14 **HOM - Dill** 100% Beef Hot Dog on a Bun Tator Tots Southwest Chicken Salad Crispy Chicken Sandwich Dill Pickle Salad Apple 1% Unflavored White Milk Fat Free Chocolate Milk	**15** Lasagna Rollup with Sauce Garlic Breadstick Southwest Chicken Salad Hamburger on Bun Broccoli Florets Mixed Fruit 1% Unflavored White Milk Fat Free Chocolate Milk	**16** Chicken Potstickers Fried Rice Southwest Chicken Salad Chicken Corn Dog Glazed Carrots Cucumber Slices Banana 1% Unflavored White Milk Fat Free Chocolate Milk	**17** Chicken Nachos w/ Cheese Salsa Southwest Chicken Salad Spicy Chicken Sandwich Black Beans Romaine Lettuce Fresh Grapes 1% Unflavored White Milk Fat Free Chocolate Milk	**18** Homemade Cheese Pizza Southwest Chicken Salad Chicken Tenders Dinner Roll Side Caesar Salad Cucumber Slices Sliced Pears 1% Unflavored White Milk Fat Free Chocolate Milk
21 French Toast Sticks, WG Crispy Chicken Wrap Cheeseburger on Bun Breakfast Potatoes Celery Sticks Fresh Orange Quarters 1% Unflavored White Milk Fat Free Chocolate Milk	**22** Crispy Chicken Tenders Sweet Potato Tots Crispy Chicken Wrap Mini Corn Dogs Steamed Peas Clementine Orange 1% Unflavored White Milk Fat Free Chocolate Milk	**23** Sloppy Joe on WG Bun Kettle Potato Chips Crispy Chicken Wrap Crispy Chicken Sandwich Steamed Green Beans Romaine Lettuce Banana 1% Unflavored White Milk Fat Free Chocolate Milk	**24** Macaroni & Cheese Dinner Roll Crispy Chicken Wrap Beef Hot dog on a bun Cucumber Slices Cauliflower Floret Fresh Grapes 1% Unflavored White Milk Fat Free Chocolate Milk	**25** Chicken Tacos Salsa Crispy Chicken Wrap Hot Turkey & Cheese on a bun Spiced Pinto Beans Cherry Tomato Diced Pear 1% Unflavored White Milk Fat Free Chocolate Milk
28 Cheeseburger Fries Burger Toppings Chicken Caesar Wrap Chicken Corn Dog Vegetarian Baked Beans Fresh Pear 1% Unflavored White Milk Fat Free Chocolate Milk	**29** Chicken Alfredo Pizza Chicken Caesar Wrap Cheeseburger on Bun Side Caesar Salad Cherry Tomato Applesauce 1% Unflavored White Milk Fat Free Chocolate Milk	**30** Beef Nachos & Cheese Sauce Mango and Black Bean Salsa Chicken Caesar Wrap Crispy Chicken Sandwich Romaine Lettuce Baby Carrots Pineapple Tidbits 1% Unflavored White Milk Fat Free Chocolate Milk	**1**	

PRICES

Special Diet Forms are available for students with special dietary needs!

EXTRA INFO

Now offering 3 different entree choices!
You are only allowed to choose 1 BOLD item for your meal along with your sides.

HARVEST OF THE MONTH

Menus and nutrition our app Taher Food4Life®

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.