

| Meal   |           | Monday                                                                                                                                                                | Tuesday                                                                                                                                                     | Wednesday                                                                                                                                                                          | Thursday                                                                                                                                          | Friday                                                                                                                                                                 |
|--------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 |           | 9/7, 10/5, 11/3, 11/30                                                                                                                                                | 9/8, 10/6, 11/4                                                                                                                                             | 9/9, 10/7, 11/5                                                                                                                                                                    | 9/10, 10/8, 11/6                                                                                                                                  | 9/11, 10/9, 11/7                                                                                                                                                       |
|        | Breakfast | <ul style="list-style-type: none"> <li>Toasted Oats, Oranges, Org. Milk</li> </ul>                                                                                    | <ul style="list-style-type: none"> <li>WG Pancakes* W/ Applesauce, Pineapple, Org. Milk</li> </ul>                                                          | <ul style="list-style-type: none"> <li>Hash Browns, Turkey Sausage<br/> <span>🌱</span> Fresh Eggs, Apples, Org. Milk</li> </ul>                                                    | <ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Clementines, Org. Milk</li> </ul>                                               | <ul style="list-style-type: none"> <li>Apple Spice Muffins, Honeydew, Org. Milk</li> </ul>                                                                             |
|        | Lunch     | <ul style="list-style-type: none"> <li>Chx. Sliders, WG Rolls, <span>🌱</span> Veg. Burger, Tomato Ketchup, Green &amp; Yellow Beans, Apples</li> </ul>                | <ul style="list-style-type: none"> <li>Chx. Fajitas, WG Tortillas*<br/> <span>🌱</span> Tofu Fajitas, Peas &amp; Carrots, Bananas</li> </ul>                 | <ul style="list-style-type: none"> <li>Southwest Chx. Brown Rice Bowl*, <span>🌱</span> Org Tofu, Broccoli &amp; Cauliflower, Cantaloupe</li> </ul>                                 | <ul style="list-style-type: none"> <li>Pesto Cheese Tortellini, 4 Veggie Blend, Watermelon</li> </ul>                                             | <ul style="list-style-type: none"> <li>WG Garlic Bread Pizza*, Green Beans, Diced Carrots, Fruit Salad</li> </ul>                                                      |
|        | Snack     | <ul style="list-style-type: none"> <li>Mini Pretzel Twists, Cheddar Cheese, Water</li> </ul>                                                                          | <ul style="list-style-type: none"> <li>Brown Rice Cakes, String Cheese, Water</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>Vanilla Yogurt, Fresh Peaches, Water</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>Ritz Crackers, Fresh Bananas, Water</li> </ul>                                                             | <ul style="list-style-type: none"> <li>Cinnamon Bread, Fresh Apples, Water</li> </ul>                                                                                  |
| Week 2 |           | 9/14, 10/12, 11/9                                                                                                                                                     | 9/15, 10/13, 11/10                                                                                                                                          | 9/16, 10/14, 11/11                                                                                                                                                                 | 9/17, 10/15, 11/12                                                                                                                                | 9/18, 10/16, 11/13                                                                                                                                                     |
|        | Breakfast | <ul style="list-style-type: none"> <li>Corn Chex, Oranges, Org. Milk</li> </ul>                                                                                       | <ul style="list-style-type: none"> <li>WG English Muffins*, Turkey Sausage, <span>🌱</span> Fresh Eggs, Pineapple, Org. Milk</li> </ul>                      | <ul style="list-style-type: none"> <li>WG French Toast Sticks*, Maple Syrup, Apples, Org. Milk</li> </ul>                                                                          | <ul style="list-style-type: none"> <li>Homemade Granola, Vanilla Yogurt, Oranges, Org. Milk</li> </ul>                                            | <ul style="list-style-type: none"> <li>Blueberry Muffins, Cantaloupe, Org. Milk</li> </ul>                                                                             |
|        | Lunch     | <ul style="list-style-type: none"> <li>WG Mac &amp; Cheese*, Broccoli &amp; Cauliflower, Apples</li> </ul>                                                            | <ul style="list-style-type: none"> <li>WG Chx Bites*, Tomato Ketchup, <span>🌱</span> Veggie Bites, Peas &amp; Carrots, Bananas</li> </ul>                   | <ul style="list-style-type: none"> <li>Herb Chx. &amp; WG Rotini Pasta*,<br/> <span>🌱</span> Herb Tofu Pasta, Green &amp; Yellow Beans, Honeydew</li> </ul>                        | <ul style="list-style-type: none"> <li>Sweet Apple Chicken, WG Tortillas*, <span>🌱</span> Sweet Apple Tofu, 4 Veggie Blend, Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>Chx. Meatballs In Brown Sauce, <span>🌱</span> Tofu In Brown Sauce, WG Rolls*, Green Beans &amp; Carrots, Fruit Salad</li> </ul> |
|        | Snack     | <ul style="list-style-type: none"> <li>Club Crackers, String Cheese, Water</li> </ul>                                                                                 | <ul style="list-style-type: none"> <li>Mini Croissants, Fresh Plums, Water</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>Tomato Swirl Toast, Hard-Boiled Eggs, Water</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>Whole Grain Pita, Fresh Bananas, Water</li> </ul>                                                          | <ul style="list-style-type: none"> <li>WG Waffles*, Applesauce, Apples, Water</li> </ul>                                                                               |
| Week 3 |           | 9/21, 10/19, 11/16                                                                                                                                                    | 9/22, 10/20, 11/17                                                                                                                                          | 9/23, 10/21, 11/18                                                                                                                                                                 | 9/24, 10/22, 11/19                                                                                                                                | 9/25, 10/23, 11/20                                                                                                                                                     |
|        | Breakfast | <ul style="list-style-type: none"> <li>Corn Flakes, Oranges, Org. Milk</li> </ul>                                                                                     | <ul style="list-style-type: none"> <li>WG* Pancakes, Maple Syrup, Pineapple, Org. Milk</li> </ul>                                                           | <ul style="list-style-type: none"> <li>Toasted Oats, Strawberry Yogurt, Apples, Org. Milk</li> </ul>                                                                               | <ul style="list-style-type: none"> <li>Hash Browns, Turkey Sausage, <span>🌱</span> Fresh Eggs, Pineapple, Org. Milk</li> </ul>                    | <ul style="list-style-type: none"> <li>Orange Blossom Muffins, Honeydew, Org. Milk</li> </ul>                                                                          |
|        | Lunch     | <ul style="list-style-type: none"> <li>Chx. Fajitas, WG Tortillas*<br/> <span>🌱</span> Tofu Fajitas, Green &amp; Yellow Beans, Apples</li> </ul>                      | <ul style="list-style-type: none"> <li>WG Rotini*, Roasted Tomato Sauce, Turkey Sausage, <span>🌱</span> Tomato Tofu, Peas &amp; Carrots, Bananas</li> </ul> | <ul style="list-style-type: none"> <li>Chx &amp; Turkey Cacciatore, WG Tortillas*, <span>🌱</span> Tofu Cacciatore, Broccoli &amp; Cauliflower, Cantaloupe</li> </ul>               | <ul style="list-style-type: none"> <li>Three Cheese Ravioli In Marinara Sauce, <span>🌱</span> 4 Veggie Blend, Watermelon</li> </ul>               | <ul style="list-style-type: none"> <li>Chx. Sliders, WG Rolls*, Tomato Ketchup, <span>🌱</span> Veggie Burger, Green Beans, Diced Carrots, Fruit Salad</li> </ul>       |
|        | Snack     | <ul style="list-style-type: none"> <li>Ritz Crackers, Cheddar Cheese, Water</li> </ul>                                                                                | <ul style="list-style-type: none"> <li>Cornbread, Fresh Peaches, Water</li> </ul>                                                                           | <ul style="list-style-type: none"> <li>Graham Squares, Fresh Oranges, Water</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>Brown Rice Cakes, Bananas, Water</li> </ul>                                                                | <ul style="list-style-type: none"> <li>Cinnamon Bread, Fresh Apples, Water</li> </ul>                                                                                  |
| Week 4 |           | 9/28, 10/26, 11/23                                                                                                                                                    | 9/1, 9/29, 10/27, 11/24                                                                                                                                     | 9/2, 9/30, 10/28, 11/25                                                                                                                                                            | 9/3, 10/1, 10/29, 11/26                                                                                                                           | 9/4, 10/2, 10/30, 11/27                                                                                                                                                |
|        | Breakfast | <ul style="list-style-type: none"> <li>Rice Krispies, Oranges, Org. Milk</li> </ul>                                                                                   | <ul style="list-style-type: none"> <li>WG Biscuits*, Turkey Sausage, <span>🌱</span> Fresh Eggs, Pineapple, Org. Milk</li> </ul>                             | <ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Apples, Org. Milk</li> </ul>                                                                                     | <ul style="list-style-type: none"> <li>WG Waffles*, Maple Syrup, Oranges, Org. Milk</li> </ul>                                                    | <ul style="list-style-type: none"> <li>Blueberry Muffins, Cantaloupe, Org. Milk</li> </ul>                                                                             |
|        | Lunch     | <ul style="list-style-type: none"> <li>Turkey Burger W/ Cheese, <span>🌱</span> Veggie Burger, Fresh Buns &amp; Ketchup, Broccoli &amp; Cauliflower, Apples</li> </ul> | <ul style="list-style-type: none"> <li>Herb Chx. &amp; WG Rotini Pasta*,<br/> <span>🌱</span> Herbed Tofu, Peas &amp; Carrots, Bananas</li> </ul>            | <ul style="list-style-type: none"> <li>Turkey &amp; Black Beans W/ Roasted Potatoes, WG Rolls*,<br/> <span>🌱</span> Veggie Crumbles, Green &amp; Yellow Beans, Honeydew</li> </ul> | <ul style="list-style-type: none"> <li>Sweet Apple Chicken, WG Tortillas*, <span>🌱</span> Sweet Apple Tofu, 4 Veggie Blend, Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>Oil Herb Chx &amp; Quinoa Bowl, <span>🌱</span> Herb Chickpea Bowl, Green Beans &amp; Carrots, Fresh Fruit Salad</li> </ul>      |
|        | Snack     | <ul style="list-style-type: none"> <li>Animal Crackers, String Cheese, Water</li> </ul>                                                                               | <ul style="list-style-type: none"> <li>Mini Croissants, Fresh Plums, Water</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>WG English Muffins*, Cheddar Cheese Cubes, Water</li> </ul>                                                                                 | <ul style="list-style-type: none"> <li>Strawberry Yogurt, Fresh Bananas, Water</li> </ul>                                                         | <ul style="list-style-type: none"> <li>Tomato Swirl Toast, Fresh Apples, Water</li> </ul>                                                                              |

# Fall Allergy Menu 2026

September / October / November



| Meal   | Monday                                                                                                                                                                       | Tuesday                                                                                                                                                        | Wednesday                                                                                                                                                             | Thursday                                                                                                                                                      | Friday                                                                                                                                                       |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 | 9/7, 10/5, 11/3, 11/30                                                                                                                                                       | 9/8, 10/6, 11/4                                                                                                                                                | 9/9, 10/7, 11/5                                                                                                                                                       | 9/10, 10/8, 11/6                                                                                                                                              | 9/11, 10/9, 11/7                                                                                                                                             |
|        | Lunch <ul style="list-style-type: none"> <li>Herb Chicken &amp; Quinoa Bowl</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Apples</li> </ul>                               | <ul style="list-style-type: none"> <li>Chicken Fajitas</li> <li>Corn Tortillas</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul>                   | <ul style="list-style-type: none"> <li>Southwest Chx. &amp; Brown Rice Bowl</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Cantaloupe</li> </ul>                  | <ul style="list-style-type: none"> <li>Corn Flour Pasta In Marinara Sauce</li> <li>Diced Chicken</li> <li>4 Veggie Blend</li> <li>Fresh Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>Chx Quesadillas Vegan Cheese</li> <li>Green Beans</li> <li>Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>        |
| Week 2 | 9/14, 10/12, 11/9                                                                                                                                                            | 9/15, 10/13, 11/10                                                                                                                                             | 9/16, 10/14, 11/11                                                                                                                                                    | 9/17, 10/15, 11/12                                                                                                                                            | 9/18, 10/16, 11/13                                                                                                                                           |
|        | Lunch <ul style="list-style-type: none"> <li>Mac N' Chx</li> <li>Vegan Cheese</li> <li>Corn Flour Pasta</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Apples</li> </ul> | <ul style="list-style-type: none"> <li>Chx &amp; Brown Rice In Pomodoro Sauce</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul>                    | <ul style="list-style-type: none"> <li>Corn Flour Pasta In Marinara Sauce</li> <li>Diced Chicken</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Honeydew</li> </ul> | <ul style="list-style-type: none"> <li>Sweet Apple Chicken</li> <li>Corn Tortillas</li> <li>4 Veggie Blend</li> <li>Fresh Watermelon</li> </ul>               | <ul style="list-style-type: none"> <li>Herb Chicken</li> <li>Brown Rice</li> <li>Green Beans</li> <li>Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>    |
| Week 3 | 9/21, 10/19, 11/16                                                                                                                                                           | 9/22, 10/20, 11/17                                                                                                                                             | 9/23, 10/21, 11/18                                                                                                                                                    | 9/24, 10/22, 11/19                                                                                                                                            | 9/25, 10/23, 11/20                                                                                                                                           |
|        | Lunch <ul style="list-style-type: none"> <li>Chicken Fajitas</li> <li>Corn Tortillas</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Apples</li> </ul>                      | <ul style="list-style-type: none"> <li>Corn Flour Pasta In Marinara Sauce</li> <li>Diced Chicken</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul> | <ul style="list-style-type: none"> <li>Spring Vegetables W/ Rice &amp; Chicken</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Cantaloupe</li> </ul>               | <ul style="list-style-type: none"> <li>Chicken In Salsa</li> <li>Corn Tortillas</li> <li>4 Veggie Blend</li> <li>Fresh Watermelon</li> </ul>                  | <ul style="list-style-type: none"> <li>Herb Chicken &amp; Quinoa Bowl</li> <li>Green Beans</li> <li>Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul>      |
| Week 4 | 9/28, 10/26, 11/23                                                                                                                                                           | 9/1, 9/29, 10/27, 11/24                                                                                                                                        | 9/2, 9/30, 10/28, 11/25                                                                                                                                               | 9/3, 10/1, 10/29, 11/26                                                                                                                                       | 9/4, 10/2, 10/30, 11/27                                                                                                                                      |
|        | Lunch <ul style="list-style-type: none"> <li>Vegetarian Burrito Bowl</li> <li>Corn Tortillas</li> <li>Broccoli &amp; Cauliflower</li> <li>Fresh Apples</li> </ul>            | <ul style="list-style-type: none"> <li>Corn Flour Pasta In Marinara Sauce</li> <li>Diced Chicken</li> <li>Peas &amp; Carrots</li> <li>Fresh Bananas</li> </ul> | <ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Corn Flour Pasta</li> <li>Green &amp; Yellow Beans</li> <li>Fresh Honeydew</li> </ul>                 | <ul style="list-style-type: none"> <li>Sweet Apple Chx</li> <li>Corn Tortillas</li> <li>4 Veggie Blend</li> <li>Fresh Watermelon</li> </ul>                   | <ul style="list-style-type: none"> <li>Spring Vegetables W/ Rice &amp; Chx</li> <li>Green Beans</li> <li>Diced Carrots</li> <li>Fresh Fruit Salad</li> </ul> |