

September 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31



1

Chicken & Cheese Quesidilla
Pasta w/ Meat Sauce

Corn Salsa

2

Hot Ham & Cheese on Crossiant
Pasta w/ Meat Sauce

Roasted Broccoli
Carrot Sticks

3

French Toast Sticks w/ cheese Omelet
Pasta w/ Meat Sauce

Tator Triangle
Cucumber Slices

4

NO SCHOOL

7

LABOR DAY

8

Beef Soft Taco
Grilled Cheese Sandwich

Seasoned Black Beans
Lettuce & Tomatoes

9

Sweet & Sour Chicken over rice
Grilled Cheese Sandwich

Steamed Broccoli
Celery Sticks with Ranch

10

Meatball Sandwich
Grilled Cheese Sandwich

French Fries
Cucumber Slices

11

Pizza
Grilled Cheese Sandwich

Side Garden Salad

14

Chicken & Waffles
Cheeseburger on Bun

Sweet Potato Fries
Cucumber Slices

15

Walking Tacos
Cheeseburger on Bun

Seasoned Black Beans
Corn

16

Chicken Alfredo Over pasta W/ Garlic toast
Cheeseburger on Bun

Roasted Broccoli
Carrot Sticks w/ ranch

17

Grilled Cheese
Cheeseburger on Bun

Tomato Soup
Pepper Strips

18

Pizza
Cheeseburger on Bun

Side Garden Salad

21

Asian Chicken with Rice
Hot Dog On Bun

Steamed Broccoli
Cucumber Slices

22

Chicken Quesidilla
Hot Dog On Bun

Corn Salsa

23

French Toast sticks w/ sausage
Hot Dog On Bun

Tri Patty Tator
Carrot Sticks

24

Macaroni & Cheese W/ Garlic toast
Hot Dog On Bun

Roasted Garden Peas
Celery

25

Pizza
Hot Dog on Bun

Side Garden Salad

28

Genera TSO Chicken W/rice
Cheeseburger On Bun

Steamed Broccoli

29

Beef Quesidilla
Cheeseburger On Bun

Black Beans
Corn

30

Pancakes & Sausage
Cheeseburger On Bun

Hash Brown Potato
Cucumber Slices

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student \$3.70
Adult \$5.00

Available Daily

Uncrustables, Turkey or Ham & Cheese Hoagies, Salad of the week

Fruit & Veggie Selection
Fresh fruit, fruit cups

Bagged sliced fresh veggies, cucumbers, celery, carrots, peppers

Students may choose two ½ cup servings.

Milk Selection: 1 % milk, Fat Free
Chocolate Milk

Your Dining Services Team

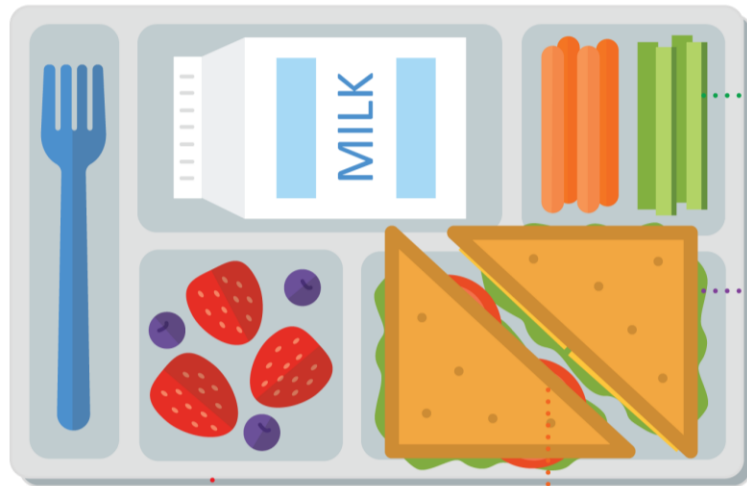
Nancy Piazza
Food Service Director
Nancy.piazza@metzcorp.com



(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	\$3.70
Adult Lunch:	\$5.00

schoolcafé

View menus on the go!
SchoolCafe provides an easy way to view our menus and manage your account.



Meet Your
nutritious friends

Peach Puppies



YOUR DINING SERVICES TEAM

Nancy Piazza, Food Service Director|nancy.piazza@metzcorp.com

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