

HENKING, LYON, WESTBROOK

SEPTEMBER 2026 LUNCH MENU

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)

Complete Lunch \$3.75
Milk \$0.75



MON

Joke of the Month
Where do fruits go
on vacation?



Answer:
To the peach!

TUE

Orange Chicken
or
Orange Vegan
Chicken
with Rice
and Fortune Cookie

Garlic Broccoli
Watermelon

WED

Cheese Pizza
Slice

Caesar Salad
Banana

THU

Beef Nachos
or
Cheese Quesadilla

Refried Beans
Strawberries

FRI

All Beef Hot Dog
or
Bean & Cheese
Burrito

Baked Waffle Fries
Fresh Peach

No School 7

Mini Chicken Bites
or
Plant Based Nuggets
with Fresh Baked
Banana Bread

Roasted Chickpeas
Fresh Plum

French Bread
Cheese Pizza

Sweet Corn
Orange Wedges

Mini Turkey
Corn Dogs
or
Plant Based Nuggets

Tater Tots
Apple Slices

No School 11

Pancakes with
Turkey Sausage
or
Pancakes with
Veggie Sausage

Homestyle Potatoes
100% Juice

Popcorn Chicken
or
Plant Based Nuggets
with Cornbread

Celery & Carrot Sticks
Banana

Cheese Pizza
Slice

Cucumber Slices
Cantaloupe

Beef Nachos
or
Cheese Quesadilla

Refried Beans
Blueberries

All Beef Hot Dog
or
Bean & Cheese
Burrito

Veggie of the Month!
Baked Zucchini Fries
Grapes

No School 21

Chicken Tenders
or
Plant Based Nuggets
with Goldfish
Crackers

Mashed Potatoes
Orange Wedges

Personal Cheese
Pizza

Kale Chips
Locally Grown Apple

Pasta & Meatsauce
or
Pasta with Marinara
& Mozzarella Cheese
with Garlic Bread

Tossed Salad
Peach Cup

Cheeseburger
(cheese optional)
or
Vegan Burger

Sweet Potato Fries
Strawberries

Belgian Waffle with
Chicken Sausage
or
Veggie Sausage

Hash Brown
Apple Slices

Orange Chicken
or
Plant Based Nuggets
with Orange Sauce
Steamed Rice
and Fortune Cookie

Garlic Broccoli
Banana

Cheese Pizza
Slice

Sauteed Green
Beans
Watermelon

*Try the Veggie of the
Month!*
Zucchini Fries
on September 18th



Download My School
Menus to see the menu
in real time

DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA OR GRAHAM CRACKERS, STRING CHEESE, & CRACKERS
PB&J UNCRUSTABLE WITH STRING CHEESE AND CRACKERS
OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE

MENU SUBJECT TO CHANGE
This institution is an equal opportunity provider