

RFMA SEPTEMBER MENU

2026

Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering
303-778-0916

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> Cheese Lasagna Roll Up Romaine Salad Italian Dressing Cinnamon Apples	2 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Apple Juice</i> <i>Assorted Berries</i> Breakfast Burrito Scrambled Eggs Cheddar Cheese, Salsa Hash Browns Fresh Green Apple	3 <i>Apple Cinnamon</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Potstickers Brown Rice Soy Sauce Steamed Carrots Orange Quarters	4 <i>Pumpkin Muffin</i> <i>String Cheese</i> <i>Grape Juice</i> <i>Applesauce Cup</i> Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Watermelon Frozen Juice Cup
7 Labor Day	8 <i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Grilled Cheeseburger American Cheese Wheat Bun, Ketchup Baked Beans Strawberry Frozen Juice Cup	9 <i>Lemon Poppyseed</i> <i>Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> Pancakes, Syrup Chicken Sausage Patty Hash Browns Orange Quarters	10 <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Macaroni & Cheese Popcorn Chicken Steamed Broccoli Fresh Green Apple	11 <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Carrots Cinnamon Apples
14 <i>Apple Frudel</i> <i>Fruit Punch</i> <i>Fresh Green Apple</i> Seasoned Beef Chili Shredded Cheddar Cornbread Muffin Baked French Fries	15 <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> French Toast Sticks Chicken Sausage Patty Syrup	16 <i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>Apple Juice</i> <i>Applesauce Cup</i> Red Chicken Tamales Cheddar Cheese, Salsa	17 <i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Pizza Roll Up Turkey Pepperoni & Mozz Cheese Marinara Sauce	18 <i>Blueberry Muffin</i> <i>Grape Juice</i> <i>Fruit Cup</i> Meatball Sub Marinara Sauce Hoagie Roll Steamed Broccoli

Berry Crisp	Hash Browns Orange Quarters	Refried Beans Cinnamon Peaches	Steamed Carrots Cinnamon Apples	Seasonal Fruit
No School ²¹	²² <i>Breakfast Bar</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Cheese Stuffed Breadsticks Marinara Dipping Sauce Mixed Veggies Berry Crisp	²³ <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Apple Juice</i> <i>Assorted Berries</i> Beef Meat Sauce Rotini Pasta Steamed Broccoli Sliced Pears	²⁴ <i>Banana Chocolate Chip</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Nuggets Buttermilk Biscuit BBQ Sauce Steamed Carrots Orange Quarters	²⁵ <i>Pumpkin Muffin</i> <i>String Cheese</i> <i>Grape Juice</i> <i>Applesauce Cup</i> Breakfast Sandwich Croissant Egg Patty Cheddar Cheese Hash Browns Cinnamon Apples
²⁸ <i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Beef Sloppy Joe Wheat Bun Baked Beans Fruit Cup	²⁹ <i>Cinnamon Toast Crunch</i> <i>Cereal Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Meatballs in Marinara Garlic Knot Steamed Broccoli Cinnamon Apples	³⁰ <i>Lemon Poppyseed Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> Orange Chicken Brown Rice Steamed Carrots Fresh Banana	^{Oct.1} <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Popcorn Chicken Ketchup Mashed Potatoes WW Cornbread Muffin Fresh Apple	² <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Garlic Beef Noodles Steamed Mixed Veggies Cinnamon Peaches

****This institution is an equal opportunity provider and employer.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability***