



# September 2026

**South & Houston**  
**PreK Lunch**

**All Lunch meals come  
with a choice of Low Fat  
Milk, and Fruit of the  
Day**

**Daily Option:  
Grilled Cheese Sandwich  
- For Non-CEP Schools**

**Menus Are Subject to  
Change Without Notice**

**This Institution Is An Equal  
Opportunity Provider**

| MON                                                                                              | TUE                                                                                                 | WED                                                                                     | THU                                                                                                           | FRI                                                                             |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                                                                                  | 1<br>Mini Chicken Corn Dog<br>Honey Siracha Chicken<br>Brown Rice<br>Savory Green Beans             | 2<br>Chicken Quesadilla<br>Walking Beef Taco<br>Roasted Corn & Jalapeno                 | 3<br>Personal Pepperoni/Cheese<br>Pizza<br>Italian Meat Sauce<br>w/Spaghetti<br>Sliced Cucumber               | 4<br>No School                                                                  |
| 7<br>No School<br>(Labor Day)                                                                    | 8<br>Classic Pepperoni/Cheese Pizza<br>Pancakes & Sausage Links<br>Seasoned Broccoli Florets        | 9<br>Beef & Cheese Tacos<br>Frito Pie<br>Fiesta Salad                                   | 10<br>Personal Pepperoni/Cheese<br>Pizza<br>Chicken Alfredo W/ Rotini<br>Garlic Breadstick<br>Go Garden Salad | 11<br>Chili Cheese Dog<br>Pollock Potato Nugget<br>Dinner Roll<br>Potato Smiles |
| 14<br>Classic Cheeseburger<br>WG Breaded Cheese Sticks w/<br>Marinara Sauce<br>Crinkle Cut Fries | 15<br>Corn Dog<br>Tangerine Chicken<br>Brown Rice<br>Baby Carrots                                   | 16<br>Three Cheese Enchiladas<br>Totally Taco Triangle<br>Spanish Rice<br>Refried Beans | 17<br>Personal Pepperoni/Cheese<br>Pizza<br>Beef Lasagna<br>Garlic Breadstick<br>Go Garden Salad              | 18<br>Dill Chicken Sandwich<br>Steak Finger<br>Dinner Roll<br>Sandwich Topper   |
| 21<br>Country Steak Sandwich<br>Muffin, String Cheese & Yogurt<br>Fun Lunch<br>Sandwich Topper   | 22<br>Classic Pepperoni/Cheese Pizza<br>French Toast Sticks & Sausage<br>Patties<br>Sliced Cucumber | 23<br>Beef Nachos<br>Totally Taco Triangle<br>Fiesta Salad                              | 24<br>Personal Pepperoni/Cheese<br>Pizza<br>Chicken Parmesan<br>w/Spaghetti<br>Sliced Cucumber                | 25<br>Macaroni & Cheese<br>Tachos<br>Dinner Roll<br>Tater Tots                  |
| 28<br>BBQ Pull Pork Sandwich<br>Chicken & Waffle<br>Crinkle Cut Fries                            | 29<br>Mini Chicken Corn Dog<br>Honey Siracha Chicken<br>Brown Rice<br>Savory Green Beans            | 30<br>Chicken Quesadilla<br>Walking Beef Taco<br>Roasted Corn & Jalapeno                |                                                                                                               |                                                                                 |