

September 2026 Allergen Free Breakfast and Lunch Menus



Breakfast: Rice Chex Cereals/ Honey Cheerios/ Granola, served with choice of fruit/juice and type of milk if appropriate. Breakfast Sausage on Gluten Free Bun is served every Tuesday and Thursday
Lunch: Milk or Soymilk served everyday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/31	9/1	9/2	9/3	9/4
Frito Pie w/ Frito Chips Whole Kernel Corn Baby Carrots Apple Slices	BBQ Chicken Bowl Green Beans Tossed Salad w/ Vinaigrette Grapes	Black Beans & Rice w/ Baked Tostito Scoops Bowl Whole Kernel Corn Cherry Tomatoes Watermelon	Beef Hot Dog on GF Bun Pinto Beans Baby Carrots Pineapple	Chicken Tender Fresh Cucumbers Cherry Tomatoes Apple Slices
9/7	9/8	9/9	9/10	9/11
	Hamburger on GF Bun Kernel Corn Mixed Vegetable Strawberry Applesauce	Chickpea Pasta Fresh Cucumbers Baby Carrots Watermelon	Orange Chicken Bowl Steamed Broccoli Tossed Salad w/ Vinaigrette Cantaloupe	Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices
9/14	9/15	9/16	9/17	9/18
Frito Pie w/ Frito Chips Whole Kernel Corn Baby Carrots Apple Slices	BBQ Chicken Bowl Green Beans Tossed Salad w/ Vinaigrette Grapes	Black Beans & Rice w/ Baked Tostito Scoops Bowl Whole Kernel Corn Cherry Tomatoes Watermelon	Beef Hot Dog on GF Bun Pinto Beans Baby Carrots Pineapple	Hamburger on GF Bun Green Beans Cherry Tomatoes Apple Slices
9/21	9/22	9/23	9/24	9/25
Beef Nachos w/ Baked Tostito Scoops Pinto Beans Baby Carrots Apple Slices	Chicken Tender Fresh Cucumbers Cherry Tomatoes Grapes	Chickpea Pasta Fresh Cucumbers Baby Carrots Watermelon	Orange Chicken Bowl Steamed Broccoli Tossed Salad w/ Vinaigrette Cantaloupe	Beef Hot Dog on GF Bun Mixed Vegetables Tossed Salad w/ Vinaigrette Apple Slices
9/28	9/29	9/30	10/1	10/2
Frito Pie w/ Frito Chips Whole Kernel Corn Baby Carrots Apple Slices	BBQ Chicken Bowl Green Beans Tossed Salad w/ Vinaigrette Grapes	Black Beans & Rice w/ Baked Tostito Scoops Bowl Whole Kernel Corn Cherry Tomatoes Watermelon	Beef Hot Dog on GF Bun Pinto Beans Baby Carrots Pineapple	Chicken Tender Fresh Cucumbers Cherry Tomatoes Apple Slices

Menus are subject to change without notice due to price and availability of food

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