



# Menus for September 2026

St. Mary Parish School District

This institution is an equal opportunity provider. Menus are subject to change.



I am the letter

**C**

crab

**Tuesday, September 1**

**Breakfast**  
Grits  
Toast  
Pears  
Juice, Milk

**Lunch**  
Chicken Nuggets  
Baked Beans  
Green Beans  
Peaches  
Roll  
Milk

**Wednesday, September 2**

**Breakfast**  
Mini Blueberry Waffles  
Peaches  
Juice  
Milk

**Lunch**  
Oven Fried Chicken  
Sweet Potato Crunch  
California Blend  
Applesauce Cup  
Roll  
Milk

**Thursday, September 3**

**Breakfast**  
Pancake on a Stick  
Orange  
Juice  
Milk

**Lunch**  
Meatloaf  
Loaded Mashed Potatoes  
Sweet Peas  
Apple  
Roll  
Milk

**Friday, September 4**

**Breakfast**  
Eggstravaganza  
Tortilla  
Applesauce Cup  
Juice, Milk

**Lunch**  
Hamburger  
Lettuce/ Tomato  
Crinkle Fries  
Orange  
Milk

**Monday, September 7**

**HAPPY LABOR DAY!**

**NO SCHOOL**

**Tuesday, September 8**

**Breakfast**  
Cereal  
Applesauce Cup  
Juice  
Milk

**Lunch**  
Pig N Blanket  
Crinkled Fries  
Pinto Beans  
Fresh Apple  
Milk

**Wednesday, September 9**

**Breakfast**  
Maple Waffle Chicken  
Sandwich  
Fruit Cocktail  
Juice  
Milk

**Lunch**  
Popcorn Chicken  
Green Beans  
Sweet Potato Fries  
Mandarin Oranges  
Roll  
Milk

**Thursday, September 10**

**Breakfast**  
French Toast Sticks  
Pears  
Juice  
Milk

**Lunch**  
Spaghetti with Meat Sauce  
Tossed Salad  
Spinach  
Pears  
Garlic Roll  
Milk

**Friday, September 11**

**Breakfast**  
Ham & Cheese Biscuit  
Peaches  
Juice  
Milk

**Lunch**  
Cheese Pizza  
Corn  
Cucumber Slices  
Watermelon  
Milk

★ **OUR NATION'S HISTORY** ★

The world-famous Eiffel Tower is in Paris, France – so what's that have to do with American history? Keep reading. The Eiffel Tower was constructed for the 1889 World's Fair. It was named for Gustave Eiffel, the engineer whose company designed and built the tower. A few years before, French artist Frédéric Auguste Bartholdi had conceived and designed a monumental work of art that was to be a gift to the United States from the people of France – “Liberty Enlightening the World,” or, as we know it, the Statue of Liberty. But Bartholdi was an artist, not a builder. So who did he turn to make Lady Liberty an actual reality in New York Harbor? The famous French engineer, Gustave Eiffel, who was thus responsible for building two of the world's most famous landmarks!

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

**10 x 2.**

Here's a simple way to roll a wellness “strike” twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

**Monday, September 14**

**Breakfast**

Maple Waffle Chicken  
Sandwich  
Mixed Fruit  
Juice  
Milk

**Lunch**

Chicken Fajitas  
Taco Fiesta Beans  
Taco Salad  
Pears  
Milk

**Tuesday, September 15**

**Breakfast**

Breakfast Pizza  
Pears  
Juice  
Milk

**Lunch**

Red Beans and Rice  
Broccoli  
Mixed Vegetables  
Fresh Orange  
Cornbread  
Milk

**Wednesday, September 16**

**Breakfast**

Chicken Biscuit  
Applesauce Cup  
Juice  
Milk

**Lunch**

Spaghetti with Meatballs  
Green Beans  
California Blend  
Peaches  
Garlic Breadstick  
Milk

**Thursday, September 17**

**Breakfast**

Mini Blueberry Pancake  
Bites  
Peaches  
Juice, Milk

**Lunch**

Chicken Tenders  
Potato Rounds  
Carrot Sticks  
Roll  
Fresh Orange  
Milk

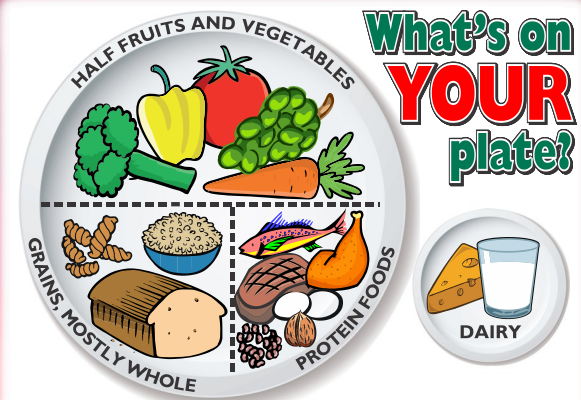
**Friday, September 18**

**Breakfast**

Dutch Waffle  
Mandarin Oranges  
Juice  
Milk

**Lunch**

Hamburger  
Lettuce/Pickle/Tomato  
Crinkled Fries  
Apple  
Milk



In most parts of the country, it's never easier to fill up your plate with local produce than the warm, golden days of late summer. How much of your plate can you fill with delicious and fresh local fruits and veggies?



Learn more at [www.MYPLATE.gov](http://www.MYPLATE.gov) or <https://kidshealth.org/en/kids/nutrition/food/>

**Monday, September 21**

**Breakfast**

Pancake on a Stick  
Pears  
Juice, Milk

**Lunch**

Grilled Chicken Patty  
Sandwich  
Lettuce/Tomato  
Crinkle Fries  
Mixed Fruit  
Milk

**Tuesday, September 22**

**Breakfast**

Scrambled Eggs  
Toast  
Fruit Cocktail  
Juice, Milk

**Lunch**

Sloppy Joe  
Broccoli  
Green Beans  
Pineapples  
Milk

**Wednesday, September 23**

**Breakfast**

Sausage Biscuit  
Peaches  
Juice, Milk

**Lunch**

Chicken Stew w/ Rice  
California Blend  
Potato Salad  
Applesauce Cup  
Roll  
Milk

**Thursday, September 24**

**Breakfast**

Grits  
Cinnamon Toast  
Apple  
Juice  
Milk

**Lunch**

Corn Dog  
Sweet Potato Tots  
Baked Beans  
Mandarin Orange  
Milk

**Friday, September 25**

**Breakfast**

Toaster Pastry  
Applesauce Cup  
Juice  
Milk

**Lunch**

Grilled Cheese Sandwich  
Vegetable Soup  
Carrot Sticks  
Apple  
Milk

**Monday, September 28**

**Breakfast**

Blueberry Muffin  
Peaches  
Juice, Milk

**Lunch**

White Beans & Rice  
w/ Sausage  
Mixed Vegetable  
Celery Sticks  
Fresh Orange  
Cornbread  
Milk

**Tuesday, September 29**

**Breakfast**

Cinnamon Roll  
Pears  
Juice  
Milk

**Lunch**

Country 'Oven-Fried' Steak  
Mashed Potatoes  
Spinach  
Mixed Fruit  
Roll  
Milk

**Wednesday, September 30**

**Breakfast**

Breakfast Pizza  
Fruit Cocktail  
Juice  
Milk

**Lunch**

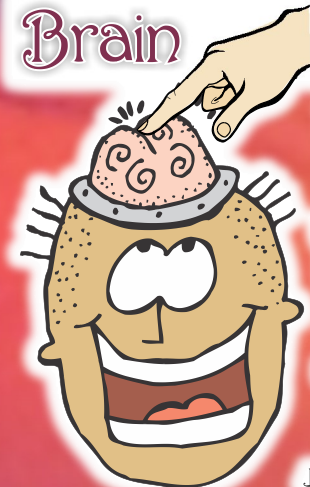
Popcorn Chicken  
Texas Ranchero Beans  
Carrot Coins  
Pears  
Roll  
Milk

## Word of the Month

# gen·er·os·i·ty

n. 1. willingness to give to others of one's time, effort, or other support 2. unselfishness 3. good will expressed in giving and charity

## Brain Ticklers



Even when you take the whole away from me, there is still some left. What am I?

(Hold the page upside down and read it in a mirror for the answer!)

The word "wholesome."