

SEPTEMBER 2026

Shasta Lake Middle School

Monday

Tuesday

Wednesday

Thursday

Friday



7

14

21

28

8

15

22

29

9

16

23

30

10

17

24

11

18

25

BREAKFAST
BAGEL & CREAM CHEESE

LUNCH
CHICKEN SALAD SANDWICH
OR
UNCRUSTABLE, STRING CHEESE
GRAHAM CRACKERS

BREAKFAST
SCRAMBLED EGGS
TOAST & JELLY

LUNCH
TATER TOT CASSEROLE, ROLL
OR
CHICKEN NUGGETS & FRIES

BREAKFAST
BAGEL & CREAM CHEESE

LUNCH
CHICKEN ALFREDO, GARLIC BREAD
OR
DELI SANDWICH & CHIPS

BREAKFAST
BAGEL & CREAM CHEESE

LUNCH
CHICKEN SALAD SANDWICH
OR
UNCRUSTABLE, STRING CHEESE
GRAHAM CRACKERS

BREAKFAST
SCRAMBLED EGGS
TOAST & JELLY

LUNCH
TATER TOT CASSEROLE, ROLL
OR
CHICKEN NUGGETS & FRIES

BREAKFAST
HOMEMADE MUFFIN

LUNCH
DELI HOAGIE
OR
HOT DOG
CHIPS

BREAKFAST
HOMEMADE MUFFIN

LUNCH
PAPA MURPHY'S PIZZA
OR
HOT DOG
FRIES

BREAKFAST
HOMEMADE MUFFIN

LUNCH
HAWAIIAN SLIDERS
OR
CHICKEN PATTY SANDWICH

BREAKFAST
HOMEMADE MUFFIN

LUNCH
PAPA MURPHY'S PIZZA
OR
CORN DOG & GRAHAM CRACKERS

BREAKFAST
HOMEMADE MUFFIN

LUNCH
DELI HOAGIE
OR
HOT DOG
CHIPS

BREAKFAST
EGG STRAVAGANZA
TOAST & JELLY

LUNCH
EGG MCMUFFIN & HASHBROWN
OR
UNCRUSTABLE, STRING CHEESE
CHIPS

BREAKFAST
BREAKFAST BURRITO

LUNCH
PULLED PORK SANDWICH
BAKED BEANS
OR
UNCRUSTABLE & STRING CHEESE
CHIPS

BREAKFAST
EGG STRAVAGANZA
TOAST & JELLY

LUNCH
DELI SANDWICH
OR
BEAN & CHEESE BURRITO

BREAKFAST
EGG STRAVAGANZA
TOAST & JELLY

LUNCH
EGG MCMUFFIN, HASHBROWN
OR
UNCRUSTABLE, STRING CHEESE
CHIPS

BREAKFAST
PANCAKE SAUSAGE SANDWICH
SYRUP

LUNCH
BBQ CHICKEN SANDWICH
OR
CHICKEN PATTY SANDWICH
BAKED BEANS

BREAKFAST
FRUIT & YOGURT PARFAIT
GRANOLA

LUNCH
ORANGE CHICKEN
STEAMED RICE
OR
PIZZA

BREAKFAST
PANCAKE SAUSAGE SANDWICH
SYRUP

LUNCH
NACHOS
REFRIED BEANS
OR
CORN DOG & GRAHAM CRACKERS

BREAKFAST
PANCAKE SAUSAGE SANDWICH
SYRUP

LUNCH
BBQ CHICKEN SANDWICH
OR
PIZZA
BIRTHDAY TREAT

Breakfast: *Optional breakfast is cereal & graham crackers*
All breakfasts include the following components: 2 oz Grains,
1 Cup Fruit & 1 Cup Milk.

Lunch: All lunches include the following components: 1 Cup Milk,
1-2 Oz Meat/Meat Alternative, 1-2 Oz Grains, ½ Cup Fruit & ¾
Cup Vegetables. Salad bar offered daily.

Menus are subject to change

This institution is an equal opportunity provider. Happy Birthday to everyone with a birthday in September!

Student meals provided at no charge
Adult Breakfast \$4.25 & Lunch \$5.75

Birthday treat comes with hot lunch only.

