# Lunch Menu

# North Street Preschool

**September 2026**

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | 1 Bagel Lunch *a protein packed lunch with yogurt, cheese and a bagel* Or Not-A-Nut Butter & Jelly Sandwich Cucumber Coins Apple Slices Unflavored Low Fat | 2 Fruity Parfait *vanilla yogurt topped with strawberries, blueberries, and graham crackers* Or Not-A-Nut Butter & Jelly Sandwich Grape Tomatoes Fresh Banana | 3 Chicken Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap* Or Not-A-Nut Butter & Jelly Sandwich Black Beans Sliced Oranges | 4 Simply Boxed Fuel Pack *freshly pack to-go pretzel, cheese, pepperoni and fruit mix* Or Not-A-Nut Butter & Jelly Sandwich Sweet Corn Apple Slices |
| 7 | 8 Nutri-Grain Bar With Light Mozzarella Cheese Stick Or Not-A-Nut Butter & Jelly Sandwich Cucumber Coins Diced Pear Cup Unflavored Low Fat Milk | 9 Yogurt Lunch *creamy yogurt with cheese and whole grain side* Or Not-A-Nut Butter & Jelly Sandwich Grape Tomatoes Fresh Banana Unflavored Low Fat Milk | 10 Simply Boxed Egg Protein Pack *freshly packed meal with a hard boiled egg, nut-free spread, fruit and pretzels* Or Not-A-Nut Butter & Jelly Sandwich Kidney Beans | 11 Simply Boxed Pepperoni Pizza Pack *freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks* Or Not-A-Nut Butter & Jelly Sandwich Sweet Corn |
| 14 Bagel Lunch *a protein packed lunch with yogurt, cheese and a bagel* Or Not-A-Nut Butter & Jelly Sandwich Broccoli Bites Applesauce Unflavored Low Fat | 15 Turkey & Cheese Sandwich Or Not-A-Nut Butter & Jelly Sandwich Cucumber Coins Diced Pear Cup Unflavored Low Fat Milk | 16 Yogurt Supreme Overnight Oats Or Not-A-Nut Butter & Jelly Sandwich Grape Tomatoes Fresh Banana Unflavored Low Fat Milk | 17 Muffin Lunch *moist muffin served with a side of string cheeses* Or Not-A-Nut Butter & Jelly Sandwich Black Beans Sliced Oranges Unflavored Low Fat Milk | 18 Yogurt, Cereal, Cheese Stick & Roll *protein pack lunch with cereal, yogurt, cheese stick and roll* Or Not-A-Nut Butter & Jelly Sandwich Sweet Corn Apple Slices |
| 21 Homemade Hummus and Pretzel Combo *a soft organic whole wheat pretzel with freshly made hummus* Or Not-A-Nut Butter & Jelly Sandwich Broccoli Bites Applesauce | 22 Nutri-Grain Bar With Light Mozzarella Cheese Stick Or Not-A-Nut Butter & Jelly Sandwich Cucumber Coins Diced Pear Cup Unflavored Low Fat Milk | 23 Yogurt Parfait *low fat vanilla yogurt layered with fruit and graham crackers* Or Not-A-Nut Butter & Jelly Sandwich Grape Tomatoes Fresh Banana Unflavored Low Fat | 24 Simply Boxed Meat and Cheese Protein Pack *freshly made meal with diced meat and cheese, fruit medley and crisp bread* Or Not-A-Nut Butter & Jelly Sandwich | 25 Purple Phantom Smoothie With WG Honey Bear Graham Crackers Or Not-A-Nut Butter & Jelly Sandwich Sweet Corn Apple Slices Unflavored Low Fat |
| 28 Bagel Lunch *a protein packed lunch with yogurt, cheese and a bagel* Or Not-A-Nut Butter & Jelly Sandwich Broccoli Bites Applesauce Unflavored Low Fat | 29 Cheesy Chicken Sandwich Or Not-A-Nut Butter & Jelly Sandwich Cucumber Coins Diced Pear Cup Unflavored Low Fat Milk | 30 Yogurt Lunch *creamy yogurt with cheese and whole grain side* Or Not-A-Nut Butter & Jelly Sandwich Unflavored Low Fat Milk Grape Tomatoes Fresh Banana | | |

View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

**ALL PRESCHOOL MEALS WILL BE SERVED WITH ALL OF THE MEAL COMPONENTS LISTED ON THE DAILY MENU FOR NUTRITIONAL AND MEAL PATTERN COMPLIANCE.**

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.