



SEPTEMBER 2026

Ansonia High School

DID YOU KNOW? All Students are able to receive a balanced delicious breakfast each school

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Quesadilla
Fiesta Black Beans
Orange Wedges
Milk Choice

Chicken Sliders
Seasoned Green Beans
Apple Sauce
Milk Choice

Baked Mozzarella Sticks
Marinara Sauce
Seasoned Carrots
Mixed Fruit Cup
Milk Choice

Chicken Taco Bowl
Seasoned Rice & Black Beans
Salsa and Sour Cream
Diced Pears
Milk Choice

No Class

WG Pasta
With Meat Sauce
Garlic Bread
Seasoned Green Beans
Apple Slices

Crispy Chicken Sandwich
Sweet Potato Fries
Diced Peaches
Milk Choice

General Tso Chicken
Vegetable Fried Rice
Seasoned Green Peas
Diced Pineapple
Milk Choice

Steak and Cheese
Grinder
Baked Onion Rings
Applesauce
Milk Choice

Ciabatta Grilled Cheese
Sandwich
Sweet Potato Fries
Fresh Fruit Choice
Milk Choice

Beef Soft Tacos
Seasoned Corn
Salsa
Diced Pears
Milk Choice

BBQ Chicken
Mac and Cheese
Cornbread
Mixed Fruit Cup
Milk Choice

Chicken Tenders
Mashed Potatoes
Seasoned Green Beans
Diced Peaches
Milk Choice

Meatball Grinder
Seasoned Carrots
Apple Slices
Milk Choice

Egg and Cheese Sandwich
Hash Brown Potatoes
Orange Wedges
Milk Choice

Pasta with Meatballs
Garlic Knot
Seasoned Green Beans
Fresh Fruit Choice
Milk Choice

Grilled Chicken Sandwich
Lettuce & Tomato
Baked Potato Gems
Apple Sauce
Milk Choice

Teriyaki Chicken
Steamed Rice
Seasoned Broccoli
Diced Pineapple
Milk Choice

Taco Bowl
Seasoned Rice & Black Beans
Salsa and Sour Cream
Diced Pears
Milk Choice

Turkey Bacon Cheeseburger
Baked French Fries
Apple Slices
Milk Choice

Seasoned Beef with
Nacho Chips
Rice and Beans
Salsa & Cheese
Mixed Fruit Cup

Spicy Chicken Sandwich
Sweet Potato Fries
Applesauce
Milk Choice

Daily Entrée Options: Assorted Boar's Head Sandwiches, Chef Salad, and Bagel/Yogurt & String Cheese Meal
Daily Fresh ½ C Veggie Cup Choices and 1/2C Fresh Fruit Choices
Milk Choices include 1% White, Fat Free Chocolate and Lactaid