



# LUNCH MENU 9-12



| MONDAY 09/07/26                                                                                                                                                                                                                      | TUESDAY 09/08/26                                                                                                                                                                                                                                      | WEDNESDAY 09/09/26                                                                                                                                                                                                                                 | THURSDAY 09/10/26                                                                                                                                                                                                                               | FRIDAY 09/11/26                                                                                                                                                                                                                                                                           |
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| <b>HOLIDAY</b><br>Labor Day                                                                                                                                                                                                          | Ground Beef Casserole (10 oz.)<br>Ground Beef (2 oz.)<br>WG Elbow Pasta w/ Cheese (1 cup)<br>Mixed Vegetables (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger Casserole (10 oz.)             | Stew Chicken Meal<br>Cut-Up-Chicken (2 oz.)<br>WG Seasoned Brown Rice (1 cup)<br>Stew Red Kidney Beans (1/2 cup)<br>Glazed Yams (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Vegetarian Beans (2 oz.) | Spaghetti & Meat Sauce<br>Ground Beef (2 oz.)<br>WG Spaghetti Pasta (1 cup)<br>Seasoned Spinach (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                                | Oven Roasted Chicken Nuggets<br>Chicken Nuggets (2 oz.)<br>WG Elbow Pasta w/ Cheese (1 cup)<br>Seasoned Potato Wedges (1/2 cup)<br>Sliced Carrots (1/2 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)<br>Condiment: Ketchup |
| 09/14/26                                                                                                                                                                                                                             | 09/15/26                                                                                                                                                                                                                                              | 09/16/26                                                                                                                                                                                                                                           | 09/17/26                                                                                                                                                                                                                                        | 09/18/26                                                                                                                                                                                                                                                                                  |
| Chili Cheese Fries<br>Ground Beef topped with cheese (2 oz.)<br>WG Slice Bread (2 ea.)<br>Potatoes Wedges (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger w/ cheese (2 oz.) | Oven Roasted Chicken Nuggets<br>Chicken Nuggets (2 oz.)<br>WG Elbow Pasta w/cheese (1 cup)<br>Glazed Yams (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                             | Spaghetti & Meat Sauce<br>Ground Beef (2 oz.)<br>WG Spaghetti Pasta (1 cup)<br>Green Beans (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                                        | Baked Chicken Meal<br>Cut-Up-Chicken (2 oz.)<br>WG Seasoned Brown Rice (1 cup)<br>Stew Pink Beans (1/2 cup)<br>Glazed Yams (1/2 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Vegetarian Beans (2 oz.) | Hotdog Meal<br>Veggie Hotdog (2 oz.)<br>1 ea. WG Hotdog bun (2 oz.)<br>Broccoli Florets (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Condiment: Ketchup                                                                                          |
| 09/21/26                                                                                                                                                                                                                             | 09/22/26                                                                                                                                                                                                                                              | 09/23/26                                                                                                                                                                                                                                           | 09/24/26                                                                                                                                                                                                                                        | 09/25/26                                                                                                                                                                                                                                                                                  |
| Spaghetti & Meat Sauce<br>Ground Beef (2 oz.)<br>WG Spaghetti Pasta (1 cup)<br>Mixed Vegetables (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                      | Stew Chicken Meal<br>Cut-Up-Chicken (2 oz.)<br>WG Seasoned Brown Rice (1 cup)<br>Stew Red Kidney Beans (1/2 cup)<br>Glazed Yams (1/2 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Vegetarian Beans (2 oz.) | Stew Beef Meal<br>Stew Beef w/brown gravy (2 oz.)<br>WG Elbow Pasta (1 cup)<br>Sliced Carrots (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                                      | Chili Cheese Fries<br>Ground Beef topped with cheese (2 oz.)<br>WG Slice Bread (2 ea.)<br>Potatoes Wedges (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger w/ cheese (2 oz.)            | Oven Roasted Chicken Nuggets<br>Chicken Nuggets (2 oz.)<br>WG Elbow Pasta w/ Cheese (1 cup)<br>Broccoli Florets (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)<br>Condiment: Ketchup                                     |
| 09/28/26                                                                                                                                                                                                                             | 09/29/26                                                                                                                                                                                                                                              | 09/30/26                                                                                                                                                                                                                                           | 10/01/26                                                                                                                                                                                                                                        | 10/02/26                                                                                                                                                                                                                                                                                  |
| Oven Roasted Chicken Nuggets<br>Chicken Nuggets (2 oz.)<br>WG Elbow Pasta w/cheese (1 cup)<br>Sliced Carrots (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)        | Spaghetti & Meat Sauce<br>Ground Beef (2 oz.)<br>WG Spaghetti Pasta (1 cup)<br>Seasoned Corn (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                                          | Baked Chicken Meal<br>Cut-Up-Chicken (2 oz.)<br>WG Seasoned Brown Rice (1 cup)<br>Stew Pink Beans (1/2 cup)<br>Glazed Yams (1/2 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Vegetarian Beans (2 oz.)   | Stew Beef Meal<br>Stew Beef w/brown gravy (2 oz.)<br>WG Elbow Pasta (1 cup)<br>Green Beans (1 cup)<br>Sliced Peaches (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Alt: Veggie Burger (2 oz.)                                      | Hotdog Meal<br>Veggie Hotdog (2 oz.)<br>1 ea. WG Hotdog bun (2 oz.)<br>Broccoli Florets (1 cup)<br>Fruits Cocktail (1 cup)<br>1% White Milk or Fat Free White Milk (8 oz.)<br>Condiment: Ketchup                                                                                          |

