

# WHAT'S ON THE MENU?

## LUNCH MS SEPTEMBER 2026

| Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                              | <b>1</b><br>General Tso's Chicken with Brown Rice<br>Classic American Cheeseburger<br>Classic Hamburger<br>Turkey BLT Sub<br>Vegetable Stir Fry<br>Lettuce and Cherry Tomato Side Salad<br>Cinnamon Applesauce<br>Chilled Peaches<br>Fresh Apple | <b>2</b><br>Chicken Pasta Alfredo with Garlic Breadstick<br>Cheese Pizza<br>Meatlover's Pizza<br>Ham and Turkey Chef Salad with Garlic Breadsticks<br>Steamed Broccoli<br>Sliced Cucumbers<br>Cinnamon Applesauce<br>Fresh Orange                               | <b>3</b><br>Chicken Nuggets with Garlic Breadstick<br>Bacon Cheeseburger<br>Classic Hamburger<br>Turkey, Bacon and Cheese Club Sub<br>Seasoned Mixed Veggies<br>Lettuce and Cherry Tomato Side Salad<br>Tropical Fruit Cocktail<br>Fresh Apple                                    | <b>4</b><br>WG Pancake Bites with Cheesy Scrambled Eggs<br>Cheese Pizza<br>Pepperoni Pizza<br>Buffalo Popcorn Chicken<br>Salad with Garlic Breadsticks<br>Tater Tots<br>Fresh Broccoli<br>Chilled Peaches<br>Fresh Banana |
| <b>7</b><br>No School Today<br>                                                                                              | <b>8</b><br>Mashed Potato and Chicken Bowl with Roll<br>Bacon Cheeseburger<br>Classic Hamburger<br>Italian Sub<br>Steamed Broccoli<br>Lettuce and Cherry Tomato Side Salad<br>Chilled Diced Pears<br>Fresh Apple                                 | <b>9</b><br>Beef Nachos with Salsa<br>Spicy Chicken Sandwich<br>Crispy Chicken Breast Sandwich<br>Turkey Ham and Cheese Sub<br>Seasoned Refried Beans<br>Red Bell Pepper Strips<br>Chilled Diced Pears<br>Fresh Apple                                           | <b>10</b><br>Breaded Beef Sticks with Dinner Roll<br>Cheese Pizza<br>Meatlover's Pizza<br>Spicy Chicken and Mozzarella Salad with Garlic Breadsticks<br>Garlic Mashed Potatoes with Peppercorn Gravy<br>Lettuce and Cherry Tomato Side Salad<br>Chilled Peaches<br>Fresh Orange   | <b>11</b><br>Jumbo Crispy Chicken Tenders with WG Waffles<br>Bacon Cheeseburger<br>Classic Hamburger<br>Turkey Ham and Cheese Sub<br>Seasoned Mixed Veggies<br>Fresh Broccoli<br>Pineapple Tidbits<br>Fresh Banana        |
| <b>14</b><br>Beef Nachos<br>Cheese Pizza<br>Pepperoni Pizza<br>Ham and Turkey Chef Salad with Fresh WG Biscuit<br>Seasoned Black Beans<br>Sliced Cucumbers<br>Cinnamon Diced Pears<br>Fresh Orange           | <b>15</b><br>Boneless Chicken Wings with Fresh WG Biscuit<br>Classic Cheeseburger<br>Classic Hamburger<br>Turkey, Bacon and Cheese Club Sub<br>Corn<br>Fresh Carrots<br>Chilled Peaches<br>Fresh Apple                                           | <b>16</b><br>Turkey Corn Dog<br>Cheese Pizza<br>Buffalo Chicken Pizza<br>Ham and Turkey Chef Salad with Fresh WG Biscuit<br>Roasted Corn<br>Lettuce and Cherry Tomato Side Salad<br>Chilled Diced Pears<br>Fresh Apple                                          | <b>17</b><br>Chicken Nuggets with Fresh WG Biscuit<br>Bacon Cheeseburger<br>Classic Hamburger<br>Turkey, Bacon and Cheese Club Sub<br>Carrots<br>Seasoned Green Beans<br>Chilled Diced Peaches<br>Fresh Apple                                                                     | <b>18</b><br>Chili Cheese Dog<br>Cheese Pizza<br>Meatlover's Pizza<br>Ham and Turkey Chef Salad with Fresh WG Biscuit<br>Sliced Cucumbers<br>Lettuce and Cherry Tomato Side Salad<br>Pineapple Tidbits<br>Fresh Orange    |
| <b>21</b><br>No School Today                                                                                                                                                                                 | <b>22</b><br>WG French Toast Sticks with Powdered Sugar<br>Turkey Sausage Patty<br>Cheese Pizza<br>Pepperoni Pizza<br>Spicy Popcorn Chicken<br>Salad with Garlic Breadsticks<br>Roasted Corn<br>Fresh Broccoli<br>Chilled Peaches<br>Fresh Pear  | <b>23</b><br>Beef Nachos with Salsa<br>Spicy Chicken Sandwich<br>Crispy Chicken Sandwich<br>Turkey Ham and Cheese Sub<br>Seasoned Refried Beans<br>Fresh Carrots<br>Chilled Peaches<br>Fresh Pear                                                               | <b>24</b><br>Breaded Beef Sticks with Dinner Roll<br>Cheese Pizza<br>Meat Lover's Pizza<br>Spicy Chicken and Mozzarella Salad with Garlic Breadsticks<br>Garlic Mashed Potatoes and Peppercorn Gravy<br>Lettuce and Cherry Tomato Side Salad<br>Pineapple Tidbits<br>Fresh Orange | <b>25</b><br>Jumbo Crispy Chicken Tenders with WG Waffles<br>Bacon Cheeseburger<br>Classic Hamburger<br>Turkey Ham and Cheese Sub<br>Seasoned Mixed Veggies<br>Fresh Broccoli<br>Tropical Fruit Cocktail<br>Fresh Banana  |
| <b>28</b><br>Beef Enchiladas with Spanish Rice<br>Cheese Pizza<br>Pepperoni Pizza<br>Chicken Cobb Salad with Garlic Breadsticks<br>Seasoned Black Beans<br>Mexican Corn<br>Pineapple Tidbits<br>Fresh Orange | <b>29</b><br>Buffalo Chicken Wings with Dinner Roll<br>Classic Cheeseburger<br>Classic Hamburger<br>Italian Sub<br>Sweet Potato Fries<br>Fresh Carrots<br>Tropical Fruit Cocktail<br>Fresh Apple                                                 | <b>30</b><br>Turkey Walking Taco with Spanish Rice and Salsa<br>Cheese Pizza<br>Buffalo Chicken Pizza<br>Turkey Cobb Salad with Garlic Breadsticks<br>Seasoned Refried Beans<br>Lettuce and Cherry Tomato Side Salad<br>Cinnamon Diced Pears<br>Fresh Nectarine |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                           |

### ABBREVIATIONS

FF- Fat Free  
LF- Low Fat  
VEG- Vegetarian  
WG- Whole Grain

If you have a food allergy or intolerance, please notify us.

### Milk Options



White 1% Milk  
or  
Fat Free Chocolate Milk



Fort Worth ISD | Chartwells K12

### Child Nutrition

This Institution  
is an Equal  
Opportunity  
Provider

### Monthly Fun Events



Download on the  
App Store

School's Back in Session with  
Fresh Menu Items!

Check out daily menus right here!



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