



SEPTEMBER 2026

Prairie-Hills School District #144 / K-5

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

Chicken Tenders  
WG Rice / Corn  
Dinner Roll  
Fresh Fruit / Milk Choice

2

WW Pasta w/ Meat Sauce  
Green Beans  
Garlic Bread  
Fresh Fruit / Milk Choice

3

Beef Taco / Shells  
Spanish Rice  
Lettuce, Tomato & Cheese  
Fresh Fruit / Milk Choice

4

Pizza w / crust  
Oven Fries  
Steamed Broccoli  
Fresh Fruit / Milk Choice

7

Labor Day

8

BBQ Diced Chicken Sandwich  
WW Bun  
Baked Beans  
Fresh Fruit / Milk Choice

9

Ground Beef / Mac & Cheese  
WW Dinner Roll  
Mix Vegetable  
Fresh Fruit / Milk Choice

10

Chicken Fajita  
Soft Tortilla Shells  
Mexican Rice  
Red / Green Peppers Strips  
Fruit / Milk Choice

11

Pizza Slice  
Oven Fries  
Green Beans  
Fresh Fruit / Milk Choice

14

Chicken Nuggets  
Brown Rice / Dinner Roll  
Peas & Carrots  
Fresh Fruit / Milk Choice

15

Beef Meatballs w/ gravy  
Mashed Potato  
Mix Vegetables Dinner Roll  
Fresh Fruit / Milk Choice

16

Corn Dog  
Potato Salad  
Broccoli w/ cheese  
Fresh Fruit / Milk Choice

17

Spaghetti w/ meat sauce  
Green Peas  
Garlic Bread  
Fresh Fruit / Milk Choice

18

Nacho Chips w/ meat sauce  
Nacho Cheese Sauce  
Refried Beans  
Shedd Lettuce / Diced Tomatoes  
Fresh Fruit / Milk Choice

21

Lasagna Roll w/ meat sauce  
Sweet Corn  
Garlic Bread  
Fresh Fruit / Milk Choice

22

Oven Fried Chicken  
Scalloped Potatoes  
Vegetable Blend  
Fresh Fruit / Milk Choice

23

Cheeseburger / Bun  
Seasoned Fries  
Toss Salad  
Fresh Fruit / Milk Choice

24

Chicken Egg Roll  
Asia Rice  
Stir Fried Vegetable  
Fortune Cookie  
Fresh Fruit / Milk Choice

25

Pan Pizza  
Tater Tots  
Green Beans  
Fresh Fruit / Milk Choice

28

BBQ Pull Chicken / Bun  
Cole Slaw  
Corn on Cob  
Fresh Fruit / Milk Choice

29

Salisbury Steak w/ gravy  
Mashed Potatoes  
Peas & Carrots / Dinner Roll  
Fresh Fruit / Milk Choice

30

Chicken Quesadilla  
Bag of Chips  
Celery Sticks w/ranch  
Fresh Fruit / Milk Choice

Milk Choices are Whole White, 1% low-fat White and 1% low-fat Chocolate  
Menu items are subject to change due to the availability of food items from vendors.