



SEPTEMBER 2026

Prairie-Hills School District #144 – Jr. High

Offer vs. Serv.

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day

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

Lasagna Roll w/ meat sauce
Sweet Corn / garlic Bread
Deli Sandwich
Fresh Fruit / Milk Choice

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

Chicken Tenders
WG Rice / Corn
Dinner Rolls
Toss Salad
Fresh Fruit / Milk Choice

BBQ Diced Chicken Sandwich
WW Bun
Baked Beans
Toss Salad
Fresh Fruit, Milk Choice

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

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

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

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

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

Corn Dog
Potato Salad
Broccoli w/ Cheese
Deli Sandwich
Fresh Fruit / Milk Choice

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

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

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

Chicken Fajita
Soft Tortilla Shell
Mexican Rice
Red / Green Pepper Strips
Toss Salad / Fruit
Milk Choice

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

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

Pizza w/ Crust
Oven Fries
Steamed Broccoli
Deli Sandwich
Fresh Fruit, Milk Choice

Pizza Slice
Oven Fries
Green Beans
Deli Sandwich
Fresh Fruit / Milk Choice

Nacho Chips w/ Meat
Nacho Cheese Sauce
Refried Beans
Shedd Lettuce / Diced Tomatoes
Deli Sandwich
Fresh Fruit / Milk Choice

Pan Pizza
Tater Tots
Green Beans
Deli Sandwich
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.