

SEPTEMBER 2026

Middle School Menu • Hamblen County School Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NEWS & NOTES
	1 BREAKFAST French Toast LUNCH 1-Popcorn Chicken 2- Beef Dunkers w/ Gravy 3-Pizza Mashed Potatoes Peas Roll	2 BREAKFAST Yogurt Bar BREAKFAST for LUNCH 1-Eggs w/ Sausage 2- Eggs w/ Bacon 3-Pizza Biscuit, Gravy Baked Apples Sliced Tomatoes	3 BREAKFAST Cinnamon Roll LUNCH 1-Turkey/Cheese Sub 2- Ham/Cheese Sub 3-Pizza Chips Juice	4 BREAKFAST Sausage Biscuit LUNCH 1-Pizza 2- Cheese Quesadilla 3-Pizza Green Beans Corn	DAILY OFFERINGS BREAKFAST Cereal, fresh fruit, and juice will be offered daily. LUNCH Fresh fruit will be offered daily. Fresh veggies will be offered daily. Milk variety served at every meal.
7 LABOR DAY! NO SCHOOL	8 BREAKFAST Breakfast Pizza LUNCH 1-Cheeseburger 2- Roasted Hotdog w/ Chili 3-Baked Potato Bar Smiley Fries	9 BREAKFAST Sausage Sunrise Wrap (NEW) LUNCH 1-Philly Beef & Cheese 2- Philly Chicken & Cheese 3-Baked Potato Bar Pepper & Onions Fresh Baked Cookie	10 BREAKFAST Muffin LUNCH 1-Pizza 2- Popcorn Chicken w/ Roll 3-Baked Potato Bar Green Beans Smiley Fries	11 BREAKFAST Sausage Biscuit LUNCH 1-Chicken Alfredo 2- Cheese Sticks 3-Baked Potato Bar Steamed Broccoli Sweet Carrots	
14 BREAKFAST Biscuit w/ Gravy LUNCH 1-Baked Ham 2- Chicken Tenders 3-Baked Potato Bar Mashed Potatoes Peas Roll	15 BREAKFAST French Toast LUNCH 1-Philly Beef & Cheese 2- Philly Chicken & Cheese 3-PB&J Pepper & Onions Fresh Baked Cookie	16 BREAKFAST Egg/Cheese Burrito (NEW) LUNCH 1-Cowboy Quesadilla 2- Bean Burrito 3-PB&J Corn	17 BREAKFAST 2PK Pop-tart LUNCH 1-Pizza 2- Cheese Bites 3-PB&J Green Beans California Blend Veggies	18 BREAKFAST Sausage Biscuit LUNCH 1-Cheeseburger 2- Roasted Hotdog w/ Chili 3-PB&J Smiley Fries Fresh Baked Cookie	
21 BREAKFAST Chicken Biscuit LUNCH 1-Chicken Tenders & Waffle 2- Cheese Sticks w/ Marinara 3-Pizza Green Beans Smiley Fries Pineapple Chunks	22 BREAKFAST Breakfast Pizza BREAKFAST for LUNCH 1-Eggs w/ Sausage 2- Eggs w/ Bacon 3-Pizza Biscuit, Gravy Baked Apples Sliced Tomatoes	23 BREAKFAST Cinnamon Roll LUNCH 1-Pork Taco 2- Mexi Tots 3-Pizza Corn Refried Beans Strawberries & Juice	24 BREAKFAST Muffin LUNCH 1-Hamburger 2- Chicken Sandwich 3-Pizza Baked Beans Tater Tots Watermelon Wedge	25 BREAKFAST Sausage Biscuit LUNCH 1-Baked Spaghetti 2- Popcorn Chicken 3-Pizza Texas Toast Steamed Broccoli Corn	
28 BREAKFAST Chicken Biscuit LUNCH 1-Taco Mac (NEW) 2- Corn Dog Minis 3-Baked Potato Bar Green Beans Juice	29 BREAKFAST French Toast LUNCH 1-Popcorn Chicken 2- Baked Ham 3-Baked Potato Bar Whole Baby Potatoes Mac & Cheese Roll	30 BREAKFAST Yogurt w/ Graham Crackers LUNCH 1-Cowboy Quesadilla 2- Bean Burrito 3-Baked Potato Bar Corn			

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