

All students are entitled to one free breakfast and one free lunch per day until further notice.

# September 2026

## Frewsburg MS/HS Lunch



|                                                                   | Tue 1                                                                          | Wed 2                                                                      | Thu 3                                                                           | Fri 4                                                                                               |
|-------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|                                                                   |                                                                                |                                                                            |                                                                                 |                                                                                                     |
| Mon 7                                                             | Tue 8                                                                          | Wed 9                                                                      | Thu 10                                                                          | Fri 11                                                                                              |
| LABOR DAY                                                         | CHICKEN PATTY<br>BROCCOLI<br>ASSORTED FRUIT<br>ASSORTED CHIPS                  | MAC & CHEESE<br>GREEN BEANS<br>CARROTS<br>ASSORTED FRUIT                   | MEATBALL SUB<br>CHIPS & SALSA<br>CORN<br>ASSORTED FRUIT                         | CHEESE&PEPP. PIZZA<br>STUFFED CRUST PIZZA<br>TOSSED SALAD<br>ASSORTED VEGGIES<br>FRESH FRUIT/ JUICE |
| Mon 14                                                            | Tue 15                                                                         | Wed 16                                                                     | Thu 17                                                                          | Fri 18                                                                                              |
| CHICKEN TENDERS<br>BUTTERED NOODLES<br>BROCCOLI<br>ASSORTED FRUIT | TACOS<br>REFRIED BEANS<br>CORN<br>ASSORTED FRUIT                               | LASAGNA ROLLUP<br>TOSSED SALAD<br>CARROTS<br>GREEN BEANS<br>ASSORTED FRUIT | MOZZARELLA STICKS<br>BREADSTICKS<br>CARROTS<br>ASSORTED FRUIT<br>MARINARA SAUCE | CHEESE&PEPP. PIZZA<br>FRENCH BREAD PIZZA<br>TOSSED SALAD<br>ASSORTED VEGGIES<br>FRESH FRUIT/ JUICE  |
| Mon 21                                                            | Tue 22                                                                         | Wed 23                                                                     | Thu 24                                                                          | Fri 25                                                                                              |
| CHICKEN PATTY<br>BROCCOLI<br>ASSORTED FRUIT<br>ASSORTED CHIPS     | CHEESEBURGER<br>BAKED BEANS<br>GREEN BEANS<br>ASSORTED FRUIT<br>ASSORTED CHIPS | CHICKEN FAJITAS<br>REFRIED BEANS<br>CORN<br>ASSORTED FRUIT                 | SLOPPY JOE<br>CHIPS & SALSA<br>GREEN BEANS<br>BAKED BEANS<br>ASSORTED FRUIT     | CHEESE&PEPP. PIZZA<br>TOSSED SALAD<br>ASSORTED VEGGIES<br>FRESH FRUIT/ JUICE                        |
| Mon 28                                                            | Tue 29                                                                         | Wed 30                                                                     |                                                                                 |                                                                                                     |
| CHICKEN TENDERS<br>DINNER ROLL<br>BROCCOLI<br>ASSORTED FRUIT      | TACOS<br>REFRIED BEANS<br>CORN<br>ASSORTED FRUIT                               | GENERAL TSO CHICKEN<br>RICE<br>MIXED VEGETABLES<br>ASSORTED FRUIT          |                                                                                 |                                                                                                     |

**Daily Choices:** P. B. & J. SAND · TUNA SALAD SAND. · GRILLED CHEESE · CHOCOLATE MILK · WHITE MILK · YOGURT PARFAIT · TOSSED SALAD · FRESH FRUIT/ JUICE  
**CONDIMENTS:** HOT SAUCE · KETCHUP · MUSTARD · RELISH · RANCH DRESSING · ITALIAN DRESSING · HONEY MUSTARD DRESSING · TACO SAUCE  
 EXTRA LUNCH(\$3.75) MILK(\$0.75) SNACKS(\$0.75)

ICE CREAM(\$1.50)