

SEPTEMBER 2026 LUNCH 9-12

MONDAY



HOLIDAY

14 BBQ Chicken Drumsticks (2 oz.)
WG Seasoned Macaroni (1 Cup)
Mexican Corn (1 Cup)
Mandarin Orange (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: BBQ Tofu (4.4 oz.)

21 Stewed Ground Turkey (2 oz.)
WG Spaghetti (1/2 Cup)
Buttered Broccoli (3/4 Cup)
Pear Halves (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Tofu in Creole Sauce (4.4 oz)

28 Stew Beef (2oz.)
WG Season Rice (1 cup)
Stewed Kidney Bean (1 Cup)
Sliced Pineapples (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Stewed Tofu (4.4 oz.)

TUESDAY

1 Meatballs in Marinara Sauce (2 oz.)
WG Spaghetti (1 Cup)
Bake Plantains (1-1/4 cup)
Tropical Fruits (1 cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger in Marinara Sauce (2 oz.)

8 Chicken Tenders W/Creole Sauce (2 oz.)
WG Garlic Bread (2 Slice)
Mash Potatoes (1 Cup)
Green Beans (1 Cup)
Applesauce (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Tofu w/Gravy (4.4 oz.)

15 Stewed Ground Turkey (2 oz.)
WG Spaghetti (1 Cup)
Seasoned Spinach (1 Cup)
Sliced Pineapple (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Ground Stew Veggie Burger (2 oz.)

22 Stew Hamburger (2 oz.)
WG Brown Rice (1 Cup)
Stew Vegetarian Beans (3/4 Cup)
Pineapple Chunks (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Stewed Veggie Burger (2 oz.)

29 Meatballs in Marinara Sauce (2 oz.)
WG Spaghetti (1 Cup)
Broccoli (1 Cup)
Tropical Fruits (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
**Alt: Veggie Meatballs in
Marinara Sauce (2 oz.)**

WEDNESDAY

2 BBQ Chicken Drumsticks (2 oz.)
Seasoned WG Macaroni(1 cup)
Stew Kidney Beans (1 cup)
Applesauce (1 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. BBQ Tofu (4.4 oz.)

9 Tuna Salad (2 oz.)
WG Bun (1 each)
Carrots (1-1/4 Cup)
Fruit Cocktail (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Veggie Burger (2 oz.) w/ Bun

16 Stewed Hamburger (2 oz.)
WG Brown Rice (1 Cup)
Stew Pinto Bean (1 Cup)
Slice Peaches (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Stew Black Bean Burger (2 oz.)

23 WG Pepperoni/Veggie Pizza (4.6 oz.)
Lettuce (1 Cup) & Tomato (1/4 Cup)
100% Apple Juice (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: WG Cheese Pizza (4.6 oz.)

30 WG Pepperoni/Veggie Pizza (4.6 oz.)
Mexican Corn (1 cup)
Slice Peaches (1 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
**Alt: WG Cheese Pizza
w/Veggie Burger (2 oz.)**

THURSDAY

3 Stew Beef (2 oz.)
WG Season Rice (1 cup)
Seasoned Spinach (1 cup)
100%Fruit Juice (1 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Veggie Burger (4.4 oz.)

10 Turkey Roast w/gravy (2 oz.)
WG Seasoned Rice (1 Cup)
Stew Vegetarian Beans (1 Cup)
Slice Pineapple (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Tofu w/Gravy (4.4 oz.)

17 WG Pepperoni/Veggie Pizza (4.6 oz.)
Steamed Carrots (1-1/4 Cup)
Fruit Cocktail (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: WG Cheese Pizza (4.6 oz.)

24 Turkey Roast w/gravy (2 oz.)
WG Seasoned Macaroni (1/2 Cup)
Seasoned Carrots (3/4 Cup)
Mandarin Orange (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Tofu w/Gravy (4.4 oz.)

FRIDAY

4 Hamburger w/Cheese (2 oz.)
WG Bun (1 ea.)
Lettuce (1 Cup) & Tomato (1/2 cup)
Mandarin Orange (1 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Veggie Burger Patty (2 oz.)
Condiments: Salad Dressing & Ketchup

11 WG Pepperoni/Veggie Pizza (4.6 OZ.)
Steamed Broccoli (1 Cup)
Tropical Fruit (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: WG Cheese Pizza (4.6 oz.)

18 Taco- Tortilla Shell (8 oz.)
Sauce Ground Beef (2oz.)/ Shredded Cheese (1 oz.)
Lettuce (1 Cup) & Tomato (1/2 Cup)
100% Fruit Juice (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Tofu (4.4 oz.) Cut up
Condiments: Salad Dressing

25 Hot Dogs (2 oz.)
WG Hot Dog Bun (1 each)
Seasoned Corn (3/4 Cup)
Mandarin Oranges (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
ALT: Veggie Burger (2 oz.)
Condiments: Ketchup & Mayo



This institution is an equal opportunity provider.

Menus are subject to change based on commodities availability