



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



LUNCH

MONDAY

Labor Day No School

01

Chicken Nuggets
Onion Rings
Snapped Peas
Garden/Fruit Bar
1% Milk

08

Cheese Quesadilla
Tortilla Chips/Salsa
Steamed Corn
Garden/Fruit Bar
1% Milk

15

Corn Dog
Onion Rings
Peas
Garden/Fruit Bar
1% Milk

22

Chicken Tenders
Macaroni and Cheese
Steamed Corn
Garden/Fruit Bar
1% Milk

29

TUESDAY

Chicken Sandwich
Curly Fries
Green Beans
Garden/Fruit Bar
1% Milk

02

BBQ Chicken Leg
Mashed Potatoes
Green Beans
Garden/Fruit Bar
1% Milk

09

Chicken Alfredo
With Garlic Bread
Caesar Salad/Broccoli
Garden/Fruit Bar
1% Milk

16

Salisbury Steak
School-Made Rolls
Mashed Potatoes with gravy
Garden/Fruit Bar
1% Milk

23

Cook's Choice

30

WEDNESDAY

Pig-in-a-blanket
Seasoned Fries
Steamed Carrots
Garden/Fruit Bar
1% Milk

03

Cheeseburger
Crinkle Cut Fries
Baked Beans
Garden/Fruit Bar
1% Milk

10

Hot Dogs with Chili
Coleslaw
Fries
Garden/Fruit Bar
1% Milk

17

Fish Sticks
Macaroni and Cheese
Broccoli
Garden/Fruit Bar
1% Milk

24



THURSDAY

Pepperoni Rolls
Cheese Sticks
Corn
Garden/Fruit Bar
1% Milk

04

Hot Ham and Cheese
Tater Tots
Steamed Carrots
Garden/Fruit Bar
1% Milk

11

Meatloaf
Mashed Potatoes
Green Beans
Garden/Fruit Bar
1% Milk

18

Buffalo Chicken Dip
Tortilla Chips
Steamed Corn
Garden/Fruit Bar
1% Milk

25



FRIDAY

Philly Steak with Cheese
Peppers and Onions
Potato Wedges
Garden/Fruit Bar
1% Milk

05

Pizza
Caesar Salad
Corn
Garden/Fruit Bar
1% Milk

12

Cook's Choice

19

Beef Dippers
Vegetable Rice
Fortune Cookie
Garden/Fruit Bar
1% Milk

26



School Information:
Type your school information here.

SEPTEMBER 2025