



~ September 2026 Breakfast Menu ~				
Mon	Tue	Wed	Thu	Fri
7  LABOR DAY	8 Scrambled Eggs/Cheese Soft tortilla wrap Salsa 1 Slice WW Bread	9 ½ Cup Cream of Wheat 1 Slice WW Bread 1 Hard Boiled Egg	10 6 oz. Low Fat Yogurt 1 Granola Bar String Cheese 1 Slice WW Bread	11 2 oz. Pancakes ⅓ Cup Scrambled Eggs 1 Slice WW Bread
14 1 Cup Assorted Cereal 2 Breakfast links 1 oz. Buttered Toast	15 1 Biscuit ⅓ Cup Scrambled Eggs 1 Slice WW Bread	16 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	17 2 Tbsp. Peanut Butter 1 Tbsp. Jelly 2 Slices WW Bread	18 2 oz. Waffles 1 oz. Stripples (2) 1 Slice WW Bread
21 1 Cup Assorted Cereal ⅓ Cup Scrambled Eggs 1 oz. Buttered Toast	22 1 WW English Muffin 1 oz. Stripples (2) 1 oz. Sunflower Butter 1 Slice WW Bread	23 ½ Cup Cream of Wheat 1 Slice WW Bread 1 Hard Boiled Egg	24 6 oz. Low Fat Yogurt 1 Granola Bar 1 Slice WW Bread	25 2 oz. WW French Toast 1 oz. Sausage links
28 1 Cup Assorted Cereal ⅓ Cup Scrambled Eggs 1 oz. Buttered Toast	29 1 WW Bagel 1 oz. Cream Cheese 1 Slice WW Bread	30 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	1 2 Tbsp. Peanut Butter 1 Tbsp. Jelly 2 Slices WW Bread	2 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread
~ September 2026 Lunch Menu ~				
Mon	Tue	Wed	Thu	Fri
7  LABOR DAY	8 ½ Cup Mashed Potato 1 oz. Fri Chic w/Gravy ¾ cup Green Beans	9 1 oz. Plant-based Chicken Patty ½ Cup Sweet potato Fries ½ Cup Corn on the Cob	10 Cheese Pizza ½ Cup Carrots Sticks 1 tbsp. Ranch	11 1 oz. Plant- based Corn Beef Lettuce & Tomato 1 WW Bun (Optional – Cheese & Pickles)
14 ¾ Cup Meat Sauce ½ Cup Spaghetti ¾ Cup Steamed Broccoli ½ slice WW bread	15 ½ Cup Mashed Potato ½ Cup Brown Stew Scallops ¾ Cup Green Beans	16 ½ cup Pinto Beans ½ Cup Rice/6-8 Tortilla Chips Lettuce, Tomato, Cheese , sour cream, salsa (Optional)	17 Cheese Pizza ¾ Cup Cut Cucumbers 1 tbsp. Ranch	18 1 oz. Griller Lettuce & Tomato 1 WW Bun (Optional – Cheese & Pickles) ½ Cup Fries
21 1 Cup Mac & Cheese ¾ Cup Steamed Broccoli ½ oz. Sausage Patty	22 1 oz. Sausage Patty ½ Cup Tator Tots ½ Cup Corn on the Cob 1 Slice WW Bread	23 ½ Cup Seasoned Rice ½ Cup Curry Scallops ½ Cup Steamed Mixed Vegetables	24 Cheese Pizza ½ Cup Celery Sticks 1 tbsp. Ranch	25 2 oz. Hot Dogs 1 oz. WW Bun ½ Cup Pickle Spears
28 ¾ Cup Meat Sauce ½ Cup Spaghetti ¾ Cup Steamed Broccoli ½ slice WW bread	29 ½ cup Mashed Potato 1 oz. Chicken Nuggets ¾ Cup Steamed Carrots	30 ½ Cup Black Bean Stew ½ Cup Yellow Rice ½ Cup Green Beans	1 Cheese Pizza ½ Cup Corn on the Cob 1 tbsp. Ranch	2 Grilled Cheese Sandwich Sliced Tomato ½ Cup French Fries

8 oz. soy milk and 1% plain milk are served with all meals. Milk options- unflavored, strawberry or chocolate 1% milk.
Meals are served with 4 oz. of cut fresh fruit, fruit cup, 100% juice or whole fruit (example banana)

This institution is an equal opportunity provider.