



For the Week of: 09/01/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	CLOSED MEMORIAL DAY	Cornflakes Milk	Scrambled Egg Pattie w/ Wheat Toast Milk	Whole Grain Pancakes w/ syrup Milk	Vanilla Yogurt w/ Graham Crackers Milk
Lunch	CLOSED MEMORIAL DAY	Beef Tacos w/lettuce, cheese, and salsa Black Beans Pineapple <i>Vegetarian: Bean Taco</i> Milk	Whole Grain Mac and Cheese Green Beans Applesauce <i>Vegetarian: Same entrée as above</i> Milk	Sliced Ham w/cheese on wheat Sweet Potato Tator Tots Mixed Fruit <i>Vegetarian: Cheese Sandwich on Wheat Bread</i> Milk	Sloppy Joes Peas Oranges <i>Vegetarian: Sloppy Joes made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk
Snack	CLOSED MEMORIAL DAY	Soft Whole Grain Pretzel Sticks w/ Cheese Sauce Water	Ritz Crackers w/ sliced cheese Water	Organic Mango with Graham Cracker Water	Cheddar Cheese Chex Mix 100% fruit juice

Note: All juice is 100% fruit juice, and is vitamin C fortified (No more than 4-6 oz. per day)

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used



For the Week of: 09/08/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios Milk	Raisin Bread Milk	Whole Grain Biscuits w/jelly Milk	Whole Grain French Toast Sticks Milk	Blueberry Muffins Milk
Lunch	Chicken Casserole w/Whole Grain Noodles Carrots Pears <i>Vegetarian: Veggie Chicken casserole w/ noodles</i> Milk	Beef Ravioli Green Beans Applesauce <i>Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk	Bean and Cheese Quesadilla Corn Oranges <i>Vegetarian: Same as above</i> Milk	Chicken Noodle Soup Carrots Peaches <i>Vegetarian: Tomato Soup</i> Milk	Grilled Chicken Sandwich Peas Mixed Fruit <i>Vegetarian: Veggie Chicken Sandwich</i> Milk
PM Snack	Gingerbread 100% fruit juice	Pineapple with Saltine Crackers Water	Wheat Thins with Cheddar Cheese Stick Water	Apple Slices/ and Graham Crackers Water	Whole Grain Goldfish Crackers 100% fruit juice

Note: All juice is 100% fruit juice, and is vitamin C fortified (No more than 4-6 oz. per day)

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used

For the Week of: 09/15/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Crispies	Oatmeal	Whole Grain English Muffins w/Jelly	Baked Apples w/ Cinnamon	Banana's w/Vanilla Yogurt
	Milk	Milk	Milk	Milk	Milk
Lunch	Whole Grain Chili Mac Green Beans Applesauce	Turkey w/ Cheese on Wheat Bread Smiley Fries Pears	Whole Grain Penne Pasta w/Chicken and Alfredo Sauce Peas Oranges	Fish Sticks Tossed salad w/ ranch Peaches	Cheeseburgers Corn Pineapple
	<i>Vegetarian: Whole Grain Macaroni w/ Veggie Protein Crumbles and Tomato Sauce</i>	<i>Vegetarian: Cheese Sandwich on Wheat Bread</i>	<i>Vegetarian: Whole Grain Penne Pasta w/ Alfredo Sauce</i>	<i>Vegetarian: Veggie Chicken Nuggets</i>	<i>Vegetarian: Veggie Burgers w/ Cheese</i>
	Milk	Milk	Milk	Milk	Milk
PM Snack	Cornbread 100% fruit juice	Strawberry Yogurt w/ Graham Crackers Water	Ritz Crackers w/ sliced cheese Water	Cheddar Cheese Chex Mix 100% fruit juice	Whole Grain Goldfish Pretzels 100% fruit juice

Note: All juice is 100% fruit juice, and is vitamin C fortified (No more than 4-6 oz. per day)

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

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For the Week of: 09/22/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Kix Cereal Milk	Raisin Bread Milk	Bagels w/ Cream Cheese Milk	Whole Grain Waffles w/ syrup Milk	Nutrigrain Bars Milk
Lunch	Hamburger Casserole w/ Brown Rice Carrots Applesauce <i>Vegetarian: Veggie Burger Crumbles w/ Brown Rice</i> Milk	Salisbury Steak Mashed Potatoes Corn Mixed Fruit <i>Vegetarian: Veggie Burger Pattie</i> Milk	Grilled Chicken Strips w/ Brown Rice Green Beans Peaches <i>Vegetarian: Veggie Chicken Nuggets w/ Brown Rice</i> Milk	Grilled Cheese on Wheat Bread Carrots Pears <i>Vegetarian: Same as above</i> Milk	Whole Wheat Crust Cheese Pizza Peas Pineapple Tidbits <i>Vegetarian: Same entrée as above</i> Milk
PM Snack	Gingerbread 100% fruit juice	Saltine Crackers w/ Cheese Slices Water	Applesauce w/ Graham Crackers Water	Cheeze Its 100% fruit juice	Ritz Crackers w/ String Cheese Water

Note: All juice is 100% fruit juice, and is vitamin C fortified (No more than 4-6 oz. per day)

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

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For the Week of: 09/29/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cornflakes	Oatmeal	Scrambled Egg Pattie w/ Wheat Toast	Whole Grain Pancakes w/ syrup	Vanilla Yogurt w/ Graham Crackers
	Milk	Milk	Milk	Milk	Milk
Lunch	Beef Ravioli Corn Pears	Beef Tacos w/lettuce, cheese, and salsa Black Beans Pineapple	Whole Grain Mac and Cheese Green Beans Applesauce	Sliced Ham w/cheese on wheat Sweet Potato Tator Tots Mixed Fruit	Sloppy Joes Peas Oranges
	<i>Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce</i>	<i>Vegetarian: Bean Taco</i>	<i>Vegetarian: Same entrée as above</i>	<i>Vegetarian: Cheese Sandwich on Wheat Bread</i>	<i>Vegetarian: Sloppy Joes made w/ Veggie Protein Crumbles in Tomato Sauce</i>
	Milk	Milk	Milk	Milk	Milk
Snack	Cornbread	Soft Whole Grain Pretzel Sticks w/ Cheese Sauce	Ritz Crackers w/ sliced cheese	Organic Mango with Graham Cracker	Cheddar Cheese Chex Mix
	100% fruit juice	Water	Water	Water	100% fruit juice

Note: All juice is 100% fruit juice, and is vitamin C fortified (No more than 4-6 oz. per day)

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

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