

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B: Mini Breakfast Quesadilla L: Pack Lunch For ADT D: Chili, cornbread	2 B: Egg bites with yogurt L: Pack Lunch For ADT D: Sub sandwich, Baked Chips	3 B: Oatmeal, banana L: Pack Lunch For ADT D: Pork chops, Cheesy Rice, Broccoli	4 B: Bacon, Egg & Cheese Muffin L: Pack Lunch For ADT D: BBQ Chicken wings, Tots, Cole Slaw	5 B: Pancakes, Eggs, Sausage L: Grilled Cheese, Fruit D: Ravioli W/ Marinara, Veggies
6 B: Strawberry Muffins, bacon, yogurt L: Pinwheels, Chips D: Hams And Beans, Cornbread	7 Happy Labor Day!! B: Egg Bites, Fruit L: Cookout- hotdogs, hamburgers, potato salad, Etc. D: Pizza, Fries	8 B: Turkey Bacon, Toast L: Pack Lunch For ADT D: Chili, Honey Buttered cornbread	9 B: Yogurt, granola L: Pack Lunch For ADT D: Spaghetti w/meatballs, Fruit	10 B: Oatmeal, banana L: Pack Lunch For ADT D: Turkey Burgers, Salad	11 B: Cereal L: Pack Lunch For ADT D: Tuna Casserole, Sliced Bread	12 B: Biscuit & Gravy Dippers, Eggs L: Meat/Cheese Rollup, Cottage Cheese, Veggies D: BBQ Shredded Pork, Brussel Sprouts, Pasta Salad
13 B: Omelets, Bacon, Fruit L: Reuben Sandwich on Rye with baked chips, watermelon D: Hamburgers, Pork rinds, Zucchini	14 B: Sausage, Egg, Cheese Bagel L: Pack Lunch For ADT D: Baked Chicken, Green Beans, Sweet Potatoes	15 B: Cereal, Fruit L: Pack Lunch For ADT D: Meatball Marinara Subs, Side Salad	16 B: Sausage Patties, Scrambled Eggs L: Pack Lunch For ADT D: Baked Salmon, Cole Slaw, Peas	17 B: Boiled Eggs, Yogurt, Toast L: Pack Lunch For ADT D: Shrimp & Grits, Salad	18 B: Eggs & Bacon L: Pack Lunch For ADT D: Broccoli & Cheese Soup, Turkey Sandwich	19 B: Breakfast Casserole L: Grilled Cheese & Fruit D: Shepherd's Pie, Canteloupe
20 B: Egg Bites, Pancakes L: Turkey Club Sandwich, Fruit D: Crack Chicken, Peas, Carrots	21 B: Cereal, banana L: Pack Lunch For ADT D: Turkey tacos, refried beans	22 B: Eggs, Fruit & yogurt, toast L: Pack Lunch For ADT D: Kielbasa, Corn, Cauliflower rice (can add cheese)	23 B: Oatmeal, Berries L: Pack Lunch For ADT D: Baked Pork Chops, Green Beans, Baked Potato	24 B: Blueberry Pancakes, Eggs L: Pack Lunch For ADT D: Chicken Pot Pie	25 B: Ham & Cheese Omelet, Fruit L: Pack Lunch For ADT D: Smothered Chicken & Spinach, brown rice	26 B: Eggs, French Toast, Bacon L: Chicken Salad, Apples, Almonds & Crackers D: Open-faced Hot Beef sandwiches, Asparagus
27 B: Sausage, Egg & Cheese Bagel, strawberries L: Turkey Rollup & Fruit w/cottage Cheese D: BBQ nachos, black beans	28 B: Strawberry Muffins, Eggs L: Pack Lunch For ADT D: Beef Stew Noodles, fruit	29 B: Strawberry Muffins, bacon, yogurt L: Pack Lunch For ADT D: Veggie and Sausage Gumbo, cornbread	30 B: Egg Bites, Fruit L: Pack Lunch For ADT D: Grilled Cheese, tomato soup			

****MENU OPTIONS ARE SUBJECT TO CHANGE. IF LISTED MEAL INGREDIENTS ARE NOT AVAILABLE, PLEASE SUBSTITUTE TO BEST SUIT****