



SEPTEMBER 2025

* - New Item V - Vegetarian
GF - Gluten Free VG - Vegan

All students have a selection of milk.
Menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Strawberry Overnight Oats (V) Sliced Pears (VG/GF) - Crispy Chicken Sandwich Baked Beans (V/GF) Capri Veggies (VG/GF) Fresh Apple (VG/GF)	2 Sausage, Egg, & Cheese Rollups Mandarin Oranges (V/GF) - Cheese Enchiladas* (V) Spanish Rice (V/GF) Refried Beans (V/GF) Pineapple Tidbits (V/GF)	3 Vanilla Yogurt Cup with Granola (V) Sliced Peaches (VG/GF) - Beef Stew Egg Noodles (V) Cooked Carrots (VG/GF) Apricot Halves (VG/GF)	4 Pancakes w/Sugar Free Syrup (V) Sliced Strawberries (VG/GF) - Turkey Burger on WG Bun Potato Wedges (V/GF) Lemon Broccoli (VG/GF) Strawberry Applesauce (VG/GF)	5 WG Bagel with Cream Cheese (V) Fresh Pear (VG/GF) - Cheese Pizza (V) Spring Mix Salad (VG/GF) Italian Dressing (V/GF) Sliced Peaches (VG/GF)
8 Vanilla Yogurt with Granola (V) Mandarin Oranges (VG/GF) - Chicken Nuggets Mashed Potatoes (V/GF) Cooked Carrots (VG/GF) Watermelon (VG/GF)	9 French Toast Sticks w/Sugar Free Syrup (V) Sliced Strawberries (VG/GF) - Beef Stir Fry Brown Rice (VG/GF) Stir-Fry Veggies (VG/GF) Mandarin Oranges (VG/GF)	10 Apple Pie Overnight Oats (V) Sliced Pears (VG/GF) - 3 Cheese Quesadilla (V) Seasoned Black Beans (VG/GF) Grilled Peppers (VG/GF) Cantaloupe (VG/GF)	11 Scrambled Eggs (V) Turkey Sausage Patty (GF) Sliced Peaches (VG/GF) - Turkey & Cheese Sub Sweet Potato Fries (V) Cauliflower (VG/GF) Applesauce (VG/GF)	12 Chex Cereal (V/GF) Banana (VG/GF) Blueberry Yogurt (V/GF) - Beef Lasagna Garlic Toast (V) Spring Mix Salad (VG/GF) Sliced Pears (VG/GF)
15 Banana Muffin (V) Grapes (VG/GF) - Beef Tips Mashed Potatoes (V/GF) Cooked Carrots (VG/GF) Melon Medley Cup (VG/GF)	16 Egg & Cheese Breakfast Bagel (V) Mandarin Oranges (VG/GF) - Chicken Stir Fry Brown Rice (VG/GF) Stir Fry Veggies (VG/GF) Pineapple Tidbits (VG/GF)	17 WG English Muffin with Jelly & Peanut Butter (V) Banana (VG/GF) - Stuffed Shells w/ Marinara (V) Broccoli (VG/GF) Sliced Pears (VG/GF)	18 Sausage, Egg & Cheese Rollups Sliced Peaches (VG/GF) - Chicken Mac & Cheese Baked Beans (V/GF) Capri Vegetables (VG/GF) Apricot Halves (VG/GF)	19 Hard Boiled Eggs (V/GF) Mini Bagel w/ Cream Cheese (V) Fresh Orange (VG/GF) - Pancakes w/Sugar Free Syrup (V) Citrus Berry Fresh Fruit Topping (VG/GF) Turkey Sausage Patty (GF) Hash Brown (VG/GF) Sliced Peaches (VG/GF)
22 Muffin (V) Applesauce (VG/GF) Vanilla Yogurt (V/GF) - Turkey & Cheese Sub Calico Beans (GF) Coleslaw (V/GF) Sliced Peaches (VG/GF)	23 French Toast Sticks (V) Orange Wedges (VG/GF) - Mac & Cheese (V) Garlic Breadstick (V) Lemon Steamed Broccoli (VG/GF) Fresh Apple (VG/GF)	24 Chex Cereal (V/GF) Banana (VG/GF) Strawberry Yogurt (V/GF) - Popcorn Chicken Mashed Potatoes (V/GF) Baked Beans (V/GF) Corn (VG/GF) Honeydew (VG/GF)	25 Cheese Omelet (V/GF) Turkey Sausage Patty (GF) Sliced Pears (VG/GF) - Swedish Meatballs Noodles (V) Capri Vegetables (VG/GF) Sliced Peaches (VG/GF)	26 Maple Blueberry Overnight Oats (V) Apricot Halves (VG/GF) - Chicken Potstickers Brown Rice (VG/GF) Stir-Fry Vegetables (VG/GF) Orange Wedges (VG/GF)
29 WG English Muffin (V) Jelly & Peanut Butter (V) Orange Wedges (VG/GF) - Beef Tacos Lettuce, Tomato, Cheese (V/GF) Spanish Rice (VG/GF) Pineapple Tidbits (VG/GF)	30 Waffles w/Sugar Free Syrup (V) Cantaloupe (V/GF) - Mini Turkey Whole Grain Corn Dogs Baked Beans (V/GF) Roasted Cauliflower (V/GF) Melon Medley Cup (V/GF)	1 Cheerios Cereal (V/GF) Fresh Apple (V/GF) Strawberry Banana Yogurt (V/GF) - Grilled Cheese Sandwich (V) Tomato Soup (V) Cooked Carrots (VG/GF) Watermelon (VG/GF)	2 Turkey Sausage Egg Bites (GF) Sliced Pears (VG/GF) - Chicken Casserole with Rice Broccoli (VG/GF) Mandarin Oranges (VG/GF)	3 Cornflakes Cereal (V) Banana (VG/GF) Blueberry Yogurt (V/GF) - Meatball Mozzarella Sub Potato Wedges (V/GF) Applesauce (VG/GF)



OCTOBER
2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 WG English Muffin (V) Jelly & Peanut Butter (V) Orange Wedges (VG/GF) - Beef Tacos Lettuce, Tomato, Cheese (V/GF) Spanish Rice (VG/GF) Pineapple Tidbits (VG/GF)	30 Waffles w/Sugar Free Syrup (V) Cantaloupe (V/GF) - Mini Turkey Whole Grain Corn Dogs Baked Beans (V/GF) Roasted Cauliflower (V/GF) Melon Medley Cup (V/GF)	1 Cheerios Cereal (V/GF) Fresh Apple (V/GF) Strawberry Banana Yogurt (V/GF) - Grilled Cheese Sandwich (V) Tomato Soup (V) Cooked Carrots (VG/GF) Watermelon (VG/GF)	2 Turkey Sausage Egg Bites (GF) Sliced Pears (VG/GF) - Chicken Casserole with Rice Broccoli (VG/GF) Mandarin Oranges (VG/GF)	3 Cornflakes Cereal (V) Banana (VG/GF) Blueberry Yogurt (V/GF) - Meatball Mozzarella Sub Potato Wedges (V/GF) Applesauce (VG/GF)
6 Strawberry Overnight Oats (V) Sliced Pears (V/GF) - Crunchy Hawaiian Chicken Wrap* Baked Beans (V/GF) Melon Medley Cup (V/GF)	7 Sausage, Egg, & Cheese Rollups Mandarin Oranges (V/GF) - Cheese Enchiladas (V) Spanish Rice (V/GF) Refried Beans (V/GF) Pineapple Tidbits (V/GF)	8 Vanilla Yogurt Cup with Granola (V) Sliced Peaches (VG/GF) - Beef Stew Egg Noodles (V) Cooked Carrots (VG/GF) Apricot Halves (VG/GF)	9 Pancakes w/Sugar Free Syrup (V) Sliced Strawberries (VG/GF) - Turkey Burger on WG Bun Potato Wedges (V/GF) Lemon Broccoli (VG/GF) Strawberry Applesauce (VG/GF)	10 WG Bagel with Cream Cheese (V) Fresh Pear (VG/GF) - Cheese Pizza (V) Spring Mix Salad (VG/GF) Italian Dressing (V/GF) Sliced Peaches (VG/GF)
13 Vanilla Yogurt with Granola (V) Mandarin Oranges (VG/GF) - Chicken Nuggets Mashed Potatoes (V/GF) Sliced Carrots (VG/GF) Watermelon (VG/GF)	14 French Toast Sticks w/Sugar Free Syrup (V) Sliced Strawberries (VG/GF) - Beef Stir Fry Brown Rice (VG/GF) Stir-Fry Veggies (VG/GF) Mandarin Oranges (VG/GF)	15 Apple Pie Overnight Oats (V) Sliced Pears (VG/GF) - 3 Cheese Quesadilla (V) Seasoned Black Beans (VG/GF) Grilled Peppers (VG/GF) Cantaloupe (VG/GF)	16 Scrambled Eggs (V) Turkey Sausage Patty (GF) Sliced Peaches (VG/GF) - Turkey & Cheese Sub Sweet Potato Fries (V) Cauliflower (VG/GF) Applesauce (VG/GF)	17 Chex Cereal (V/GF) Banana (VG/GF) Blueberry Yogurt (V/GF) - Beef Lasagna Garlic Toast (V) Spring Mix Salad (VG/GF) Sliced Pears (VG/GF)
20 Banana Muffin (V) Grapes (VG/GF) - Beef Tips Mashed Potatoes (V/GF) Cooked Carrots (VG/GF) Melon Medley Cup (VG/GF)	21 Egg & Cheese Breakfast Bagel (V) Mandarin Oranges (VG/GF) - Chicken Stir Fry Brown Rice (VG/GF) Stir Fry Veggies (VG/GF) Pineapple Tidbits (VG/GF)	22 WG English Muffin with Jelly & Peanut Butter (V) Banana (VG/GF) - Stuffed Shells w/ Marinara (V) Broccoli (VG/GF) Sliced Pears (VG/GF)	23 Sausage, Egg & Cheese Rollups Sliced Peaches (VG/GF) - Chicken Mac & Cheese Baked Beans (V/GF) Capri Vegetables (VG/GF) Apricot Halves (VG/GF)	24 Hard Boiled Eggs (V/GF) Mini Bagel w/ Cream Cheese (V) Fresh Orange (VG/GF) - Pancakes w/Sugar Free Syrup (V) Citrus Berry Fresh Fruit Topping (VG/GF) Turkey Sausage Patty (GF) Hash Brown (VG/GF) Sliced Peaches (VG/GF)
27 Muffin (V) Applesauce (VG/GF) Vanilla Yogurt (V/GF) - Turkey & Cheese Sub Calico Beans (GF) Coleslaw (V/GF) Peaches (VG/GF)	28 French Toast Sticks (V) Orange Wedges (VG/GF) - Mac & Cheese (V) Garlic Breadstick (V) Lemon Steamed Broccoli (VG/GF) Fresh Apple (VG/GF)	29 Chex Cereal (V/GF) Banana (VG/GF) Strawberry Yogurt (V/GF) - Popcorn Chicken Mashed Potatoes (V/GF) Baked Beans (V/GF) Corn (VG/GF) Honeydew (VG/GF)	30 Cheese Omelet (V/GF) Turkey Sausage Patty (GF) Sliced Pears (VG/GF) - Swedish Meatballs Noodles (V) Capri Vegetables (VG/GF) Sliced Peaches (VG/GF)	31 Maple Blueberry Overnight Oats (V) Apricot Halves (VG/GF) - Chicken Potstickers Brown Rice (VG/GF) Stir-Fry Vegetables (VG/GF) Orange Wedges (VG/GF)