



SEPTEMBER 2026

MENU

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	Juice is 100% Fruit 	1 B: Wgr Bread w/ cream cheese, grapes, and milk L: Baked Chicken nuggets, rice w/ vegetables, apples, and milk PM Snack: Graham crackers, carrots, and apple Juice	2 B: kix cereal, banana, and milk L: Chicken taquitos w/ lettuce, cantaloupe, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple Juice	3 B: Pancakes, grapes, and milk L: Wgr Pasta w/ ground beef, marinate sauce, green salad, apples, and milk PM Snack: Yogurt, carrots, and apple Juice	4 B: Cheerios Cereal, banana, and milk L: Wgr quesadilla, cantaloupe, and milk PM Snack: goldfish crackers, carrots, and apple Juice	5
6	7 	8 B: Kix cereal, banana, and Milk L: Wgr Grilled cheese sandwich, green salad, watermelon, and milk PM Snack: pretzels, carrots, and apple juice	9 B: Wgr Bread w/ cream cheese, cantaloupe, and milk L: Ground beef w/ vegetables, rice, grapes, and milk PM Snack: yogurt, carrots, and apple Juice	10 B: Pancakes, grapes, and milk L: Chicken teriyaki, rice w/ vegetables, watermelon, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple Juice	11 B: Cheerios Cereal, banana, and Milk L: Wgr Quesadilla, green salad, apples, and milk PM Snack: goldfish crackers, carrots, and apple Juice	12
13	14 B: kix Cereal, Banana, and milk L: Wgr bean burrito, green salad, cantaloupe, and milk PM Snack: Goldfish Crackers, carrots, and apple Juice	15 B: Wgr Bread w/ cream cheese, watermelon, and milk L: Ground beef w/ vegetables, rice, grapes, and milk PM Snack: ritz crackers, carrots, and apple juice	16 B: Cheerios cereal, banana, and milk L: Wgr Pasta w/ ground beef, marinate sauce, green salad, watermelon, and milk PM Snack: Graham crackers, carrots, and apple juice	17 B: Pancakes, cantaloupe, and milk L: Wgr quesadilla, green salad, grapes, and milk PM Snack: Yogurt, carrots, and apple Juice	18 B: Kix Cereal, banana, and milk L: Chicken taquitos w/ lettuce, apples, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple Juice	19 WGR= Whole Grain Rich
20	21 B: Cheerios Cereal, bananas, and milk L: Ground beef w/ vegetables, rice, watermelon, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple Juice	22 B: Wgr Bread w/ cream cheese, watermelon, and milk L: Chicken soup w/ vegetables, cantaloupe, and milk. PM Snack: Goldfish crackers, carrots, and apple Juice	23 B: Kix cereal, banana, and milk L: Wgr Bean Burritos, green salad, apples, and milk PM Snack: Pretzels, carrots, and apple Juice	24 B: Pancakes, apples, and milk L: Wgr Pasta w/ ground beef, marinate sauce, green salad, cantaloupe, and milk PM Snack: Yogurt, carrots, and apple Juice	25 B: Cheerios Cereal, banana, and milk L: wgr quesadilla, green salad, apples, and milk PM Snack: Graham crackers, carrots, and apple juice	26
27	28 B: Kix Cereal, banana, and milk L: Wgr Grilled cheese sandwich, green salad, apples, and milk PM Snack: Goldfish crackers, carrots, and apple Juice	29 B: Wgr Bread w/ cream cheese, watermelon, and milk L: Ground beef w/ vegetables, rice, apples, and milk PM Snack: Graham crackers, carrots, and apple Juice	30 B: Cheerios cereal, banana, and milk L: Chicken taquitos w/ lettuce, watermelon, and milk PM Snack: wgr wheat thins crackers, carrots, and apple juice	 All milk is low-fat 1%		