

School Menu



Date	<u>Monday</u> 9/28/2026	<u>Tuesday</u> 9/29/2026	<u>Wednesday</u> 9/30/2026	<u>Thursday</u> 10/1/2026	<u>Friday</u> 10/2/2026
AM Snack	Avocado Toast 2% Unflavored Low-Fat Milk (Whole Milk)	Egg & Cheese McMuffin 2% Unflavored Low-Fat Milk (Whole Milk)	Whole Grain Cheerios 2% Unflavored Low-Fat Milk (Whole Milk)	Pumpkin Overnight Oats 2% Unflavored Low-Fat Milk (Whole Milk)	Pancake w/ Syrup 2% Unflavored Low-Fat Milk (Whole Milk)
Lunch <i>Vegetarian Option</i>	Mac & Cheese Whole Wheat Macaroni Pasta in a Cheese Sauce Mixed Vegetables Applesauce 2% Unflavored Low-Fat Milk (Whole Milk)	Chicken Teriyaki <i>Chick'N</i> Diced Chicken in a Teriyaki Sauce Steamed Rice Steamed Broccoli 2% Unflavored Low-Fat Milk (Whole Milk)	Sunflower Butter & Jelly Sandwich Sunflower Butter & Grape Jelly on Whole-Wheat Bread Sliced Cucumbers w/ Ranch Fresh Banana 2% Unflavored Low-Fat Milk (Whole Milk)	Chicken Parm Casserole <i>Baked Ziti</i> Breaded Chicken in a Marinara sauce w Mozzarella Cheese Garlic Breadsticks Tossed Garden Salad (Steamed Peas) 2% Unflavored Low-Fat Milk (Whole Milk)	Turkey Melts <i>Grilled Cheese Slider</i> Sliced Deli Turkey with Cheese melted on a slider Bun Vegetable Soup Fresh Sliced Oranges (Mandarin Oranges) 2% Unflavored Low- Fat Milk (Whole Milk)
PM Snack	Trail Mix (Graham Crackers) Filtered Water	Dried Apples w/ Raisins Filtered Water	Belvita Snack Pack Filtered Water	International Cookie Day! Chocolate Chip Cookie Thins Filtered Water	Fresh Banana w/ Pretzels Filtered Water
Fun Fact From Chef Trina: Apples contain 0 grams of fat or sodium and have no cholesterol!					

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.