



September 2026 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	2 Whole wheat spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	3 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 CLOSED FOR LABOR DAY	8 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	9 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	10 (V) Ravioli w/olive oil, tomato sauce & fresh basil Carrots Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	15 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	16 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 Teriyaki-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	23 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	24 Beef BBQ (V) BBQ with soy #^ Bean medley Roll Fresh fruit	25 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
28 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	29 (V) Whole grain cheese melt * Tomato soup Fresh fruit	30 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



October 2026 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>		1 Chicken thigh w/gravy (V) Picadillo^ Broccoli Whole wheat bread/butter * Fresh fruit	2 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit
5 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	6 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	7 Whole wheat spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	8 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	9 (V) Lasagna Tossed salad Fresh fruit
12 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	13 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	14 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	15 (V) Ravioli w/olive oil, tomato sauce & fresh basil Carrots Fresh fruit	16 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
19 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	20 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	21 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
26 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	27 Teriyaki-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	28 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	29 Beef BBQ (V) BBQ with soy #^ Bean medley Roll Fresh fruit	30 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit

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#Gluten free

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^Vegan



November 2026 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	3 (V) Whole grain cheese melt * Tomato soup Fresh fruit	4 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	5 Chicken thigh w/gravy (V) Picadillo^ Broccoli Whole wheat bread/butter * Fresh fruit	6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit
9 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	10 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	11 Whole wheat spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	13 (V) Lasagna Tossed salad Fresh fruit
16 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	17 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	18 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	19 (V) Ravioli w/olive oil, tomato sauce & fresh basil Carrots Fresh fruit	20 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
23 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	24 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	25 (V) Whole grain pizza* Garden salad Fresh fruit	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING
30 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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December 2026 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 Teriyaki-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	2 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	3 Beef BBQ (V) BBQ with soy #^ Bean medley Roll Fresh fruit	4 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
7 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit	8 (V) Whole grain cheese melt * Tomato soup Fresh fruit	9 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	10 Chicken thigh w/gravy (V) Picadillo^ Broccoli Whole wheat bread/butter * Fresh fruit	11 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit
14 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	15 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	16 Whole wheat spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	17 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	18 (V) Lasagna Tossed salad Fresh fruit
21 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	22 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	23 (V) Ravioli w/olive oil, tomato sauce & fresh basil Carrots Fresh fruit	24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit	25 CLOSED FOR CHRISTMAS
28 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit	29 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	30 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	31 (V) Whole grain pizza* Garden salad Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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