



Breakfast and Lunch Menu September 14 to September 18, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain French toast. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Birria chicken quesadillas. Brown rice. Black beans and corn salsa. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
TUESDAY	Breakfast skillet bowl with eggs, cheese and potatoes. Whole grain cereal. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Whole grain baked ziti with beef sauce. Sautéed vegetables. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
WEDNESDAY	Whole grain ham and cheese empanadas. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Hamburger with American cheese on a whole grain bun. French fries. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
THURSDAY	Whole grain corn muffin. Assorted fruit yogurt. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Whole grain cheese pizza. Choice of pepperoni pizza for grades 9–12. Celery and carrots with ranch dressing. Fruit juice. Choice of whole milk, reduced-fat milk or chocolate milk.
FRIDAY	Turkey sausage, egg and cheese sandwich on a whole grain bun. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Teriyaki chicken rice bowls. Chicken breast. House-made teriyaki sauce. Jasmine rice. Sautéed mixed vegetables. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.

This institution is an equal opportunity provider.