



Breakfast and Lunch Menu September 21 to September 25, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Teachers' Planning Day.	Teachers' Planning Day.
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.	Chicken Parmesan over whole grain pasta. Sautéed vegetables. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
WEDNESDAY	Whole grain ground beef empanada. 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.	Beef taco bowls. Garlic brown rice. Black beans and pico de gallo salsa. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.

This institution is an equal opportunity provider.