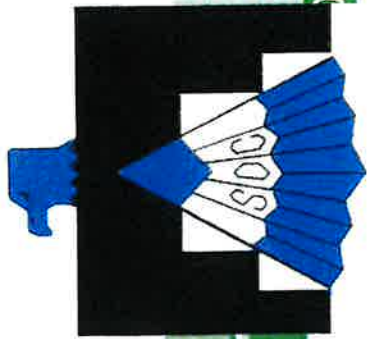




MENU

WELCOME FALL!
Breakfast

SEPTEMBER

Monday

Labor Day
No School

House made Muffins
of the week

P & T CONFERENCES
21
Bagels and Cream
cheese, Jam and Peanut
butter

House made Muffins
of the week

Tuesday

House made
Blueberry Muffins
Or Cereal and Milk
and Fruit

Breakfast Wraps

P & T CONFERENCES
22
Yogurt and Fruit or Cereal
Bar

Breakfast Burritos or
choice of Cereal Bar

Wednesday

Yogurt and granola
or Cereal Bar choice

Yogurt and granola
or Cereal Bar choice

P & T CONFERENCES
23
English Muffin
Breakfast
Sandwich

Yogurt Parfaits
or Cereal Bar choice.
Fruit, milk

Thursday

Stuffed Bagels or Plain
Bagel, or
Cereal and Milk, Fruit

Biscuits and Gravy
or Cereal Bar choice

Pancake on a stick with
Turkey sausage

French Toast Sticks

OFFER VS. SERVE

Choose at least 3 food items including a

$\frac{1}{2}$ cup of fruits .
A protein: (meat, cheese, cottage
cheese, yogurt)

A grain (granola, muffin, cereal, bagel,
biscuit, bars etc)

REMEMBER to:
EAT THE RAINBOW

**FRUITS AND VEGGIES
AT LEAST 1 CUP DAILY**

Minimum

$\frac{1}{2}$ c BREAKFAST AND $\frac{1}{2}$ c LUNCH!



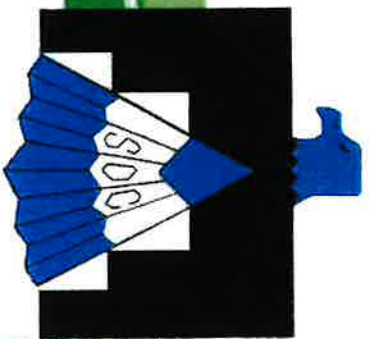
This institution is
an equal
opportunity
employer



The Cereal Bar is offered
daily.

On days with an option,
choose either the special,
or cereal or a bar but not

all 3!



MENU

LUNCH SEPTEMBER
2026

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday		
07 Labor Day No School	08 Pepperoni Pizza Dip Sticks, Pizza Sauce, Fruit & Salad Bar	09 Chicken Fajitas –Local Tortillas/ 🌮 Spanish Rice, Fruit & Salad	10 Burgers/(cheese) Fries, pickles and Fruit and Salad Bar	11	
14 Chicken Sandwiches, Fries, Cheesy Cauliflower, Fruit and Salad Bar	15 Burrito Bowls with Rice and Beans, Salsa, Fruit and Salad Bar	16 Orange Chicken With Egg roll and Rice Fruit & Salad Bar	17 Toasted Cheese or Turkey Sandwiches, Soup, Fruit and Salad	18	
21 P & T CONFERENCES Pizza, Fruit and Salad with Spinach	22 P&T CONFERENCES Chicken Nuggets, Fries Broccoli, Fruit and Salad Bar	23 P&T CONFERENCES Chile Con Carne Baked potato bar Fruit and Salad Bar	24 Salisbury Steak/ Mashed potatoes with gravy Green Beans Fruit and Salad Bar	25	
28 BBQ Sandwiches with Coleslaw and Beans Fruit & Salad Bar	29 Super Nachos/ Salsa, Beans, Spanish Rice/ Fruit & Salad Bar	30 Chicken Alfredo, Carrots Garlic bread, Fruit & Salad Bar	01 Tater Tot Casserole, roll, carrots, Fruit and Salad Bar	02	

WELCOME FALL!

Remember to take 1
½ Cup Serving of
Fruit with Breakfast
and Lunch

SHARE YOUR IDEAS AND SUGGESTIONS

We want to hear from you and your families

Join our Nutrition and Wellness Team

Contact: Miss Lois

lharvie@sangreschools.org

REMEMBER:

EAT THE RAINBOW

FRUITS AND VEGGIES

AT LEAST 1 CUP EVERY DAY!

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