



September 2026 Menu



GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Beginner Substitution

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31	1	2	3	4
Breakfast	WG Cereal Milk	WG Mini Bagel, Cream Cheese, Milk	English Muffins with Jelly	WG Cereal Milk	WG Waffle Sticks, Fruit
PM Snack	Fresh Apple Slices, Sunbutter, Water	Mozzarella String Cheese, Crackers, Water - Applesauce	Cucumber Slices, Hummus, Water - Diced Cucumber	Yogurt, Berries, Milk	WG Pizza Crackers, Fruit, Water
	7	8	9	10	11
Breakfast	SCHOOL CLOSED	WG Cereal Milk	Yogurt, Berries, Milk	WG French Toast Sticks Fruit	WG Cereal Milk
PM Snack	LABOR DAY	Fresh Apple Slices, Cheddar Cheese, Water	WG Soft Pretzel Rod Water	Cucumber Slices w/Ranch, Water - Diced Cucumber Slices	Tatertots with Ketchup, Water
	14	15	16	17	18
Breakfast	WG Pancakes, Fruit Milk	WG Waffle Sticks, Fruit	WG Cereal Milk	Cinnamon Raisin Toast with Butter	Yogurt, Berries, Milk
PM Snack	WG Pizza Crackers, Fruit, Water	Cucumber Slices w/Ranch, Water, Diced Cucumbers	Crackers with Sunbutter, Water	Fresh Apple Slices, Cheddar Cheese, Water	English Muffins with Sunbutter
	21	22	23	24	25
Breakfast	Cinnamon Raisin Toast with Butter	WG Cereal, Milk	Quesadilla, Water	WG Waffle Sticks, Fruit	WG Cereal, Milk
PM Snack	Crackers with Sunbutter, Water	Strawberries and a Mozzarella String Cheese, Water	Cucumber Slices w/Hummus, Water, Diced Cucumbers	Tatertots with Ketchup, Water	WG Soft Pretzel Rod Water
	28	29	30		
Breakfast	WG Pancakes, Fruit Milk	Yogurt, Berries, Water	WG Cereal, Milk		
PM Snack	Townhouse Crackers, Cheese Slices, Water	Fresh Apple Slices, Sunbutter, Water - Applesauce, Crackers	Strawberries and a Mozzarella String Cheese, Water		

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.