

Breakfast Menu

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY NO SCHOOL	2 Breakfast Menu Offer A Choice: Seasoned Corn Grits w Colby Cheese Omelet / Golden Toast Or Whole Grain waffles w/ Syrup (1) Sliced Bacon Strip Offer: Two of The Three Items: Chilled apple Juice Fresh Orange Circles Canned Pineapple Tidbits Chilled Assorted Fat - Free /Low Fat Milk	3 Breakfast Menu Offer A Choice: Whole Grain Mini Pancake w/ Turkey Sausage Patty Or Scrambled Egg Seasoned Corn Grits / Golden Toast Offer: Two of The Three Items: Chilled Orange Juice Fresh Apple Quarters Canned Mixed Fruit Chilled Assorted Fat – Free / Low Fat Milk	4 Breakfast Menu Offer A Choice: Fruity Oatmeal w/ Golden Toast / Sliced Ham Finger Or Whole Grain Assorted Toaster Pastry Scrambled Egg Offer: Two of The Three Items: Chilled Apple Juice Cubed Cantaloupe Canned Diced Pears Chilled Assorted Fat – Free / Low Fat Milk	5 Breakfast Menu Offer A Choice: Whole Grain Graham Crackers w/ Berry Yogurt Parfait Or Open Face Cheese Toast w/ Boiled Egg Offer: Two of The Three Items: Chilled Orange Juice Fresh Banana Canned Sliced Peaches Chilled Assorted Fat – Free / Low Fat Milk
8 Breakfast Menu Offer A Choice: Fruity Cinnamon Oatmeal w/ Golden Toast / Cheese & Bacon Egg Bites Or Whole Grain Assorted Muffin (1) Sliced Bacon Strip	9 Breakfast Menu Offer A Choice: Seasoned Corn Grits w/ Canadian Bacon / Golden Toast Or Whole Grain Assorted Toaster Pastry Colby Cheese Omelet	10 Breakfast Menu Offer A Choice: Whole Grain Graham Crackers w / Yogurt Parfait / Cheese Stick Or Breakfast Bar Whole Grain Strawberry (Nutri Grain) (1) Sliced Bacon Strip	11 Breakfast Menu Offer A Choice: Cheesy Corn Grits w/ Turkey Sausage Link Or Whole Grain Mini French Toast w/ syrup / Scrambled Egg	12 Breakfast Menu Offer A Choice: Whole Grain Mini Pancake w/ syrup Turkey Sausage Patty Or Whole Grain Assorted Cereal / Golden Toast/ Cheese Stick

<p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Fresh Mixed Berry Cup Canned Mixed Fruit</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Cubed Cantaloupe Canned Diced Pears</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Fresh Orange Wheels Canned Sliced Peaches</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Fresh Apple Quarter Canned Pineapple Tidbits</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Fresh Banana Canned Orange Mandarin Section</p> <p>Chilled Assorted Fat – Free / Low fat Milk</p>
<p>15 Breakfast Menu Offer A Choice:</p> <p>Seasoned Corn Grits w/ Colby Cheese Omelet Or Whole Grain Mini Waffles w/ Syrup / (1) Bacon Strip</p> <p>Offer Two of The Three Items</p> <p>Chilled Apple Juice Assorted Grapes Canned Orange Mandarin Section</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>16 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Mini Pancake w/ Syrup / (1) Bacon Strip Or Whole Grain Cereal w/ Golden Toast / Cheese Stick</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Orange Circles Canned Diced Pears</p> <p>Chilled Assorted Fat - Free / Low Fat Milk</p>	<p>17 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Graham Crackers w/ Berries / Or Fruit Yogurt Parfait Or Open Face Cheese Toast w/ Scrambled Egg</p> <p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Cubed Cantaloupe Canned Pineapple Tidbits</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>18 Breakfast Menu Offer A Choice:</p> <p>Fruity Oatmeal w/ Cheese Stick / Golden Toast Or Whole Grain Mini Pancake w/ Syrup / (1) Bacon Strip</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Apple Quarters Canned Sliced Peaches</p> <p>Chilled Assorted Fat – Free- / Low Fat Milk</p>	<p>19 Breakfast Menu Offer A Choice:</p> <p>Seasoned Corn Grits w/ Colby Cheese Omelet / Golden Toast Or Whole Grain Assorted Muffin Colby Cheese Omelet</p> <p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Banana Canned Mixed fruit</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>

<p>22 Breakfast Menu Offer A Choice:</p> <p>Seasoned Corn Grits w/ Pork Sausage Patty / Golden Toast</p> <p>Or</p> <p>Whole Grain Strawberry Breakfast Bar (Nutri Grain) (1) Sliced Bacon Strip</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Fresh Diced Strawberry Cup Canned Mixed Fruit</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>23 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Assorted Muffin w/ (1) Bacon Strip</p> <p>Or</p> <p>Whole Grain Assorted Toaster Pastry w/ (1) Bacon Strip</p> <p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Cubed Cantaloupe Canned Pineapple Tidbits</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>24 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Assorted Cereal w/ Cheese Stick / Golden Toast</p> <p>Or</p> <p>Whole Grain Mini French Toast w/ Syrup / Scrambled Egg</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Assorted Grapes Canned Sliced Peaches</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>25 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Pancake w/Sausage Link / Assorted Yogurt</p> <p>Or</p> <p>Seasoned Corn Grits w/ Colby Cheese Omelet / Golden Toast</p> <p>Offer Two of The Three Items:</p> <p>Chilled Apple Juice Orange Circles Canned Diced Pears</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>	<p>26 Breakfast Menu Offer A Choice:</p> <p>Fruity Cinnamon Oatmeal w/ Golden Toast / Canadian Bacon</p> <p>Or</p> <p>Open Face Cheese Toast w/ Sausage Patty</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Fresh Banana Canned Orange Mandarin</p> <p>Chilled Assorted Fat - Free / Low Fat Milk</p>
<p>29 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Assorted Cereal w/ Cheese Stick / Golden Toast</p> <p>Or</p> <p>Whole Grain Assorted Muffin (1) Sliced Bacon Strip</p> <p>Offer Two of The Three Items:</p> <p>Chilled Orange Juice Canned Apricots Fresh Assorted Grapes</p> <p>Chilled Assorted Fat - Free / Low Fat Milk</p>	<p>30 Breakfast Menu Offer A Choice:</p> <p>Whole Grain Graham Crackers w/ Berry Yogurt Parfait</p> <p>Or</p> <p>Open Face Cheese Toast w/ Boiled Egg</p> <p>Offer: Two of The Three Items:</p> <p>Chilled Apple Juice Fresh Banana Canned Sliced Peaches</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p>			

This Institution Is an Equal Opportunity Provider

Menu Subject to Change

Please Note:

Managers have the option to mix and match breakfast food items to offer choices that are favorable to students at your school.

Available Daily

All breakfast meals offer a choice of Fruit Juice, Fresh and Canned Fruit /Chilled Fat Free & Low - Fat Milk



Elementary
SCHOOL LUNCH and Snack MENU
September 2025

<p style="text-align: center;">1</p> <p>LABOR DAY</p> <p>NO</p> <p>SCHOOL</p>	<p style="text-align: center;">2</p> <p>Lunch Whole Grain Taco Skinny Crust Pizza Whole Kernel Corn Tossed Salad w/ Low Dressing Broccoli Florets & Carrot Sticks w/ Ranch Dressing</p> <p>Chilled Fresh & Canned Fruit</p> <p>Chilled Assorted Fat – Free / Low Fat</p> <p>Condiments:</p> <p>Snack White Cheddar Popcorn Chilled Apple Juice-6oz</p>	<p style="text-align: center;">3</p> <p>Lunch Cheeseburger Bun / French Bread Small Cut Potato Wedges French Fry Sandwich Salad Carrot & Celery Sticks w/ Ranch Dressing</p> <p>Chilled Fresh & Canned Fruit</p> <p>Chilled Assorted Fat – Free / Low Fat Milk</p> <p>Condiments:</p> <p>Snack Goldfish Crackers Chilled Grape Juice – 6oz.</p>	<p style="text-align: center;">4</p> <p>Lunch Chicken Fajita w/ Brown Gravy Steamed Rice Seasoned Sliced Carrots Tossed Salad w/ Low Fat Dressing Whole Grain Roll</p> <p>Chilled Fresh & Canned Fruit</p> <p>Chilled Fat – Free/ Low Fat Milk</p> <p>Snack Pretzel Twist Chilled Apple Juice-6oz.</p>	<p style="text-align: center;">5</p> <p>Lunch Barbeque Chopped Pork / Bun / Waffle Cut French Fry Carrot/ Celery Sticks w/ Ranch Dressing Tossed Salad w/ Low Fat Dressing</p> <p>Chilled Fresh & Canned Fruit</p> <p>Chilled Fat – Free / Low Fat Milk</p> <p>Condiments</p> <p>Snack Assorted Yogurt Whole Grain Graham Crackers</p>
<p style="text-align: center;">8</p> <p>Lunch Navy Beans w/ Cubed Ham Steamed Rice Seasoned Chopped Spinach Tossed Salad w/ Low Fat Dressing Whole Wheat Cornbread Chilled Fresh & Canned Fruit</p> <p>Chilled Fat – Free/ Low Fat Milk</p>	<p style="text-align: center;">9</p> <p>Lunch Crispy Chicken Patty / Bun Seasoned Corn On Cob & Green Beans Sandwich Salad w/ Fresh Spinach Leaf</p> <p>Chilled Fresh & Canned Fruit Plain Gelatin – Extra</p> <p>Condiments</p> <p>Chilled Fat – Free / Low Fat Milk</p>	<p style="text-align: center;">10</p> <p>Lunch Barbeque Pork Rib Patty w/ Sauce Mashed Potatoes Seasoned Mustard Greens Tossed Salad w/ Low Fat Dressing Whole Grain Roll Chilled Fresh & Canned Fruit</p> <p>Chilled Fat – Free / Low Fat Milk</p>	<p style="text-align: center;">11</p> <p>Lunch Turkey Frank w/Chili / Bun/ French Bread Small Cut Potato Wedges Carrot & Celery Sticks w/ Ranch Dressing Chilled Fresh & Canned Fruit Plain Gelatin- Extra</p> <p>Condiments</p> <p>Chilled Fat – Free / Low Fat Mi</p>	<p style="text-align: center;">12</p> <p>Lunch Oven Baked Fish Sticks Baked Macaroni Seasoned Broccoli Spears Tossed Salad w/ Low Fat Dressing Whole Grain Roll Chilled Fresh & Canned Fruit</p> <p>Condiments</p> <p>Chilled Fat – Free/ Low Fat Milk</p>

Snack 1/2 Ham & Cheese Sandwich Chilled Apple Juice 6 oz.	Snack White Cheddar Popcorn Chilled Grape Juice 6 oz.	Snack Assorted Yogurt Whole Grain Graham	Snack 1/2 Turkey & Cheese Sandwich Chilled Apple Juice - 6oz.	Snack Whole Grain Goldfish Crackers Chilled Grape Juice - 6oz.
15 Lunch Red Beans w/ Smoke Sausage Steamed Rice Candid Sweet Potatoes Tossed Salad w/ Low Fat Dressing Whole Grain Cornbread Chilled Fresh & Canned Fruit Chilled Assorted Fat - Free / Low Fat Milk Snack Whole Grain Assorted Cereal Chilled Assorted Fat - Free / Low Fat Milk	16 Lunch Baked Mesquite Chicken Parts Yellow Rice Seasoned Green Peas Tossed Salad w/ Low Fat Dressing Whole Grain roll Chilled Fresh & Canned Fruit Chilled Assorted Fat - Free / Low Fat Milk Snack White Cheddar Popcorn Chilled Apple Juice - 6 oz.	17 Lunch Cheeseburger / Bun / French Bread Seasoned Baked Beans Tossed Salad w/ Low Fat Dressing Broccoli Florets & Carrot Coins w/ Ranch Dressing Chilled Fresh & Canned Fruit Plain Gelatin - Extra Condiment: Chilled Fat - Free / Low Fat Milk Snack Whole Grain Goldfish Chilled Apple Juice - 6 oz.	18 Lunch Whole Grain Pepperoni Skinny Crust Pizza Seasoned Whole Kernel Corn Tossed Salad w/ Low Fat Dressing Chilled Fresh & Canned Fruit Condiments Chilled Fat - free / Low Fat Milk Snack Chilled Fresh Orange Slices - (6 pcs.) Pretzel Twist	19 Lunch Sliced Turkey & Cheese/ Bun / French Bread Waffles Cut French Fries Sandwich Salad Broccoli Florets & Carrot Sticks w/ Ranch Dressing Chilled Fresh & Canned Fruit Condiments Chilled Fat - Free / Low Fat Milk Snack Assorted Yogurt Whole Grain Graham Crackers
22 Lunch White Beans w/ Cubed Ham Steamed Rice Candid Sweet Potatoes Tossed Salad w/ Low Fat Dressing Whole Grain Cornbread Chilled Fresh & Canned Fruit	23 Lunch Beef Dipper w/ Teriyaki Sauce Yellow Rice Seasoned Broccoli Spears Tossed Garden Salad w/ Low Fat Dressing Whole Grain Roll Chilled Fresh & Canned Fruit	24 Lunch Cheeseburger / Bun / French Bread Hamburger Small Cut Potato Wedges Sandwich Salad w/ Fresh Spinach / Onion Ring Broccoli Florets & Carrot Coins w/ Ranch Dressing Chilled Fresh & Canned Fruit Plain Gelatin - Ext Condiments	25 Lunch General Tso Chicken Vegetable Rice Seasoned Green Beans Tossed Salad w/ Low Fat Dressing Whole Grain Roll Chilled Fresh & Canned Fruit Whole Wheat Sugar Cookie - Extra	26 Lunch Whole Grain Pepperoni Skinny Crust Pizza Seasoned Whole Kernel Corn Tossed Salad w/ Low Fat Dressing Broccoli & Florets & Carrot Coins w/ Ranch Dressing Chilled Fresh & Canned Fruit

Chilled Fat – Free / Low- Fat Milk	Chilled Fat- Free/ Low-Fat Milk	Chilled Fat – Free / Low-Fat Milk	Chilled Fat- Free / Low -Fat Milk	Chilled Fat – Free Low-Fat Milk
Snack Assorted Whole Grain Cereal Chilled Fat – Free / Low Fat	Snack 1/2 Ham & Cheese Sandwich Chilled Apple Juice – 6 oz.	Snack Assorted Yogurt Whole Grain Graham Crackers	Snack Whole Grain Goldfish Chilled Grape Juice – 6 oz.	Snack White Cheddar Popcorn Chilled Fruit Juice – 6 oz.
29 Lunch Red Beans w/ Smoke Sausage Steamed Rice Seasoned Sliced Carrots Tossed Salad w/ Low Fat Dressing Whole Grain Cornbread Chilled Fresh & Canned Fruit Chilled Fat / Free / Low Fat Milk Snack Pretzel Twist Chilled Grape Juice – 6 oz.	30 Lunch Philly Cheese Steak/ Bun / French Bread Waffle Cut French Fry Sandwich Salad w/ Fresh Spinach Leaf Carrot & Celery Sticks w/ Ranch Dressing Chilled Fresh & Canned Fruit Condiments: Chilled Assorted Fat – Free / Low Fat Snack Breakfast Bar Chilled Fat – Free / Low Fat Milk			

Menu Subject to Change

Available Daily	Choice Of Cold Milk Daily
All meals offer a choice of Canned or Fresh Fruit, and a variety of Condiments	Fat Free Chocolate , Low Fat _____, _____ & Skim

Chilled Fat – Free / Low- Fat Milk	Chilled Fat- Free/ Low- Fat Milk	Chilled Fat – Free / Low- Fat Milk	Chilled Fat- Free / Low -Fat Milk	Chilled Fat – Free Low- Fat Milk
Snack One – Half Ham & Cheese Sandwich Chilled Grape Juice – 6oz.	Snack Goldfish Crackers Chilled Apple Juice - 6 oz.	Snack Assorted Yogurt Whole Grain Graham Crackers	Snack White Cheddar Popcorn Chilled Grape Juice – 6 oz.	Snack One – Half Turkey & Cheese Sandwich Chilled Apple Juice – 6oz.
27	28	29	30	31
Lunch Navy Beans w/ Cubed Ham Steamed Rice Seasoned Chopped Spinach Tossed Salad w/ Low Fat Dressing Whole Grain Cornbread Chilled Fresh & Canned Fruit	Lunch Cheeseburger/ Bun/French Bread Small Cut Potato Wedges Sandwich Salad w/ Fresh Onion / Spinach Leaf Chilled Fresh & Canned Fruit	Lunch Whole Grain Taco Skinny Crust Pizza Seasoned Whole Kernel Corn Tossed Salad w/ Low Fat Dressing Broccoli & Carrot Coins w/ Ranch Dressing Chilled Fresh & Canned Fruit	Lunch Philly Cheese Steak / Bun / Hoagie Bun Small Potato Wedges French Fry Sandwich Salad w/ Fresh Spinach Leaf Chilled Fresh & Canned Fruit Plain Gelatin - Extra	Lunch Meatballs w/ Italian Gravy Garnish Spaghetti Seasoned Green Peas Tossed Salad w/ Low Fat Dressing Whole Wheat Roll Chilled Fresh & Canned Fruit –
Chilled Assorted Fat – Free / Low Fat Milk	Chilled Assorted Fat - Free / Low Fat Milk Condiments:	Chilled Assorted Fat – Free/ Low Fat Milk Condiments	Chilled Assorted Fat Free / Low Fat Milk Condiments:	Chilled Assorted Fat Free / Low Fat Milk Condiments:
Snack Whole Grain Assorted Cereal Chilled Assorted Fat – Free / Low Fat Milk	Snack Goldfish Crackers Chilled Grape Juice – 6 oz	Snack White Cheddar Popcorn Chilled Apple Juice – 6 oz.	Snack One – Half Turkey & Cheese Sandwich Chilled Grape Juice -6 oz.	Snack Pretzel Twist Chilled Apple Juice – 6 oz.

Menu Subject to Change

Available Daily	Choice Of Cold Milk Daily
All meals offer a choice of Canned or Fresh Fruit, and a variety of Condiments	Fat Free Chocolate , Low Fat , & Skim