

Lunch September 2026

WGR – Whole Grain WW – Whole Wheat MGR – Multi Grain

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup		1 Chicken Fried Rice Black Beans Steamed Broccoli Pineapple Chunks Milk and Water V Mixed Veggie Fried Rice	2 Turkey Sloppy Joes on a (WW) Bun Peas and Carrots Banana Slices Milk and Water V Cheese Sandwich	3 (WGR) Chicken Taquitos Mexican Rice With Corn Pinto Beans Mixed Fruit Milk and Water V Cheese Quesadilla	4 Chicken Tenders Mashed Potatoes Baked Beans Peas Orange Slices Milk & Water V Mashed Potato with Mixed Veggies	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ⅓ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	7 School Closed Labor Day	8 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Apple Slices Milk and Water V Veggie Noodle Stir Fry	9 (WGR) Cheese Macaroni Steamed Peas Pear Slices Milk and Water	10 (WW) Soft Chicken Tacos Mexican Rice with Corn Pinto Beans Banana Slices Milk and Water V Pita Bread with Refried Beans	11 (WW) Chicken Salad Sandwich w/ Grated Carrots & Apple Baby Carrots & Ranch Infants Steamed Carrots Orange Slices Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ⅓ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
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Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	21 (WGR) Spaghetti with Marinara Sauce Steamed Green Beans Peach Slices Milk and Water	22 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water V Pita Bread with Cheese Slices	23 (WW) Grilled Cheese Sandwich Carrots & Ranch Infants Steamed Carrots Banana Slices Milk and Water	24 Chicken Flautas Spanish Rice with Black Beans Steamed Vegetables Fruit Cocktail Milk & Water V Bean and Cheese Burrito	25 Chicken Nuggets Mashed Potatoes (WW) Bun Steamed Peas Orange Slices Milk and Water V Mashed Potatoes with Mixed Veggies	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ⅓ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	28 (WGR) Primavera Pasta w/broccoli, cauliflower & carrots Garlic Bread Apple Slices Milk and Water	29 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water V Veggie Stir Fry	30 Turkey Chili Beans Corn Bread Corn Sliced Apples Milk & Water V Meatless Chili Beans	**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ⅓ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup