

Lunch

September 2026



WGR – Whole Grain

WW – Whole Wheat

MGR – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup		1 Chicken Fried Rice Black Beans Steamed Broccoli Pineapple Chunks Milk and Water	2 Turkey Sloppy Joes on a (WW) Bun Peas and Carrots Banana Slices Milk and Water	3 (WGR) Chicken Taquitos Mexican Rice With Corn Pinto Beans Mixed Fruit Milk and Water	4 Chicken Tenders Mashed Potatoes Baked Beans Peas Orange Slices Milk & Water	5 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
6 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ 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	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	11 (WW) Chicken Salad Sandwich w/ grated Carrots & Apple Baby Carrots & Ranch/Infants Steamed Carrots Orange Slices Milk and Water	12 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
13 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	14 Cheese & Spinach Ravioli w/ Marinara Sauce Garlic Bread Peach Slices Milk & Water	15 BBQ chicken Steamed Rice Steamed Broccoli Apples Slices Milk and Water	16 Cheese & Chicken Pizza Baby Carrots/Infants Steamed Carrots With Ranch Banana Slices Milk and Water	17 (WGR) Cheese & Bean Burritos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	18 Popcorn Chicken w/BBQ Sauce Baked Beans Broccoli Orange Slices Milk & Water	19 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
20 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	21 (WGR) Spaghetti with Meat Sauce Steamed Green Beans Peach Slices Milk and Water	22 Teriyaki Chicken Steamed Rice Steamed Broccoli Mandarin Oranges Milk and Water	23 (WW) Grilled Cheese Sandwiches Carrots & Ranch Dressing/Infants Steamed Carrots Banana Slices Milk and Water	24 Chicken Flautas Spanish Rice with Black Beans Steamed Vegetables Fruit Cocktail Milk & Water	25 Chicken Nuggets Mashed Potatoes (WW) Bun Steamed Peas Orange Slices Milk and Water	26 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
27 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ 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	30 Turkey Chili Beans Corn Bread Corn Sliced Apples Milk & Water	**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 ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

