



# September 2026 – Lunch

| Monday                                                                                                                       | Tuesday                                                                                                                                                  | Wednesday                                                                                                                                   | Thursday                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Age-appropriate milk must be served with lunch</i>                                                                        | <b>1</b><br>Bean, corn, & chicken quesadilla<br>(V) Bean, corn & cheese quesadilla<br>With whole wheat tortilla *<br>Green Beans<br>Fresh fruit          | <b>2</b><br>Whole wheat spaghetti & meat sauce*<br>(V) Spaghetti & tomato sauce w/ soy #^<br>Grated cheese<br>Spinach salad<br>Fresh fruit  | <b>3</b><br>Turkey meatloaf<br>(V) French lentils w/ thyme^<br>Mashed sweet potatoes<br>Whole wheat bread/butter*<br>Fresh fruit | <b>4</b><br>(V) Lasagna<br>Tossed salad<br>Fresh fruit                                                                                                                                                                                                                                                                     |
| <b>7</b><br><b>CLOSED FOR LABOR DAY</b>                                                                                      | <b>8</b><br>Whole wheat ziti with chicken *<br>(V) Lentil penne & tomato sauce w/ soy *#^<br>Grated cheese<br>Tossed salad<br>Fresh fruit                | <b>9</b><br>(V) Beans & Brown rice^<br>Tossed salad<br>Tortilla*<br>Fresh fruit                                                             | <b>10</b><br>(V) Ravioli w/olive oil, tomato sauce & fresh basil<br>Carrots<br>Fresh fruit                                       | <b>11</b><br>BBQ chicken leg<br>(V) Mushroom stroganoff ^<br>California blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                                       |
| <b>14</b><br>Turkey sloppy joe<br>(V) Vegetarian sloppy joe ^<br>Corn & edamame<br>Roll<br>Fresh fruit                       | <b>15</b><br>Chicken chili<br>(V) Veg out chili^<br>Broccoli & cheese salad<br>Whole wheat bread/butter*<br>Fresh fruit                                  | <b>16</b><br>Chicken parmesan<br>(V) Elbows, tomato sauce w/ soy*^<br>Zucchini & yellow squash<br>Whole wheat bread/butter*<br>Fresh fruit  | <b>17</b><br>(V) Whole grain pizza*<br>Garden salad<br>Fresh fruit                                                               | <b>18</b><br>(V) Whole wheat macaroni & cheese*<br>Mixed vegetables<br>Fresh fruit                                                                                                                                                                                                                                         |
| <b>21</b><br>Whole wheat Turk-a-roni*<br>(V) White bean mushroom soup^<br>Grated cheese<br>Southwest salad<br>Fresh fruit    | <b>22</b><br>Teriyaki-style chicken<br>(V) Broccoli & cheddar quinoa w/brown rice *<br>Sugar snaps & carrots<br>Whole wheat bread/butter*<br>Fresh fruit | <b>23</b><br>Chicken nuggets<br>(V) Veggie nuggets^<br>Potato soup<br>Whole wheat bread/butter*<br>Fresh fruit                              | <b>24</b><br>Beef BBQ<br>(V) BBQ with soy #^<br>Bean medley<br>Roll<br>Fresh fruit                                               | <b>25</b><br>(V) Spinach manicotti<br>Winter blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                                                                  |
| <b>28</b><br>Turkey taco w/whole wheat Tortilla*<br>(V) Beans & brown rice burrito*^<br>Corn<br>Grated cheese<br>Fresh fruit | <b>29</b><br>(V) Whole grain cheese melt *<br>Tomato soup<br>Fresh fruit                                                                                 | <b>30</b><br>Stuffing topped chicken pot pie<br>Apple coleslaw<br>(V) Black bean tortilla soup^<br>Whole wheat bread/butter*<br>Fresh fruit | <i>Age-appropriate milk must be served with lunch</i>                                                                            |                                                                                                                                                                                                                                                                                                                            |
|                                                                                                                              |                                                                                                                                                          |                                                                                                                                             |                                                                                                                                  | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan



# October 2026 – Lunch

| Monday                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                  | Thursday                                                                                                                         | Friday                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <i>Age-appropriate milk must be served with lunch</i>                                                                                      | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |                                                                                                                                            | <b>1</b><br>Chicken thigh w/gravy<br>(V) Picadillo^<br>Broccoli<br>Whole wheat bread/butter *<br>Fresh fruit                     | <b>2</b><br>Chicken Alfredo with tri-color pasta<br>(V) Tri-color pasta alfredo<br>Salad<br>Fresh fruit                              |
| <b>5</b><br>Dirty brown rice with beef*<br>(V) Dirty brown rice^<br>Spinach salad<br>Fresh fruit                                           | <b>6</b><br>Bean, corn, & chicken quesadilla<br>(V) Bean, corn & cheese quesadilla<br>With whole wheat tortilla *<br>Green Beans<br>Fresh fruit                                                                                                                                                                            | <b>7</b><br>Whole wheat spaghetti & meat sauce*<br>(V) Spaghetti & tomato sauce w/ soy #^<br>Grated cheese<br>Spinach salad<br>Fresh fruit | <b>8</b><br>Turkey meatloaf<br>(V) French lentils w/ thyme^<br>Mashed sweet potatoes<br>Whole wheat bread/butter*<br>Fresh fruit | <b>9</b><br>(V) Lasagna<br>Tossed salad<br>Fresh fruit                                                                               |
| <b>12</b><br>Whole wheat ziti with chicken *<br>(V) Lentil penne & tomato sauce w/ soy *#^<br>Grated cheese<br>Tossed salad<br>Fresh fruit | <b>13</b><br>(V) Beans & Brown rice^<br>Tossed salad<br>Tortilla*<br>Fresh fruit                                                                                                                                                                                                                                           | <b>14</b><br>Shepherd's Pie<br>(V) Chickpea curry with potatoes^<br>Pineapple/mango coleslaw<br>Whole wheat bread/butter*<br>Fresh fruit   | <b>15</b><br>(V) Ravioli w/olive oil, tomato sauce & fresh basil<br>Carrots<br>Fresh fruit                                       | <b>16</b><br>BBQ chicken leg<br>(V) Mushroom stroganoff ^<br>California blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit |
| <b>19</b><br>Turkey sloppy joe<br>(V) Vegetarian sloppy joe ^<br>Corn & edamame<br>Roll<br>Fresh fruit                                     | <b>20</b><br>Chicken chili<br>(V) Veg out chili^<br>Broccoli & cheese salad<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                                                    | <b>21</b><br>Chicken parmesan<br>(V) Elbows, tomato sauce w/ soy*^<br>Zucchini & yellow squash<br>Whole wheat bread/butter*<br>Fresh fruit | <b>22</b><br>(V) Whole grain pizza*<br>Garden salad<br>Fresh fruit                                                               | <b>23</b><br>(V) Whole wheat macaroni & cheese*<br>Mixed vegetables<br>Fresh fruit                                                   |
| <b>26</b><br>Whole wheat Turk-a-roni*<br>(V) White bean mushroom soup^<br>Grated cheese<br>Southwest salad<br>Fresh fruit                  | <b>27</b><br>Teriyaki-style chicken<br>(V) Broccoli & cheddar quinoa w/brown rice *<br>Sugar snaps & carrots<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                   | <b>28</b><br>Chicken nuggets<br>(V) Veggie nuggets^<br>Potato soup<br>Whole wheat bread/butter*<br>Fresh fruit                             | <b>29</b><br>Beef BBQ<br>(V) BBQ with soy #^<br>Bean medley<br>Roll<br>Fresh fruit                                               | <b>30</b><br>(V) Spinach manicotti<br>Winter blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit                            |

(V) Vegetarian meal  
#Gluten free

\*Whole grain  
^Vegan



# November 2026 – Lunch

| Monday                                                                                                                                     | Tuesday                                                                                                                                          | Wednesday                                                                                                                                   | Thursday                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Turkey taco w/whole wheat Tortilla*<br>(V) Beans & brown rice burrito*^<br>Corn<br>Grated cheese<br>Fresh fruit                | <b>3</b><br>(V) Whole grain cheese melt *<br>Tomato soup<br>Fresh fruit                                                                          | <b>4</b><br>Stuffing topped chicken pot pie<br>Apple coleslaw<br>(V) Black bean tortilla soup^<br>Whole wheat bread/butter*<br>Fresh fruit  | <b>5</b><br>Chicken thigh w/gravy<br>(V) Picadillo^<br>Broccoli<br>Whole wheat bread/butter *<br>Fresh fruit                      | <b>6</b><br>Chicken Alfredo with tri-color pasta<br>(V) Tri-color pasta alfredo<br>Salad<br>Fresh fruit                                                                                                                                                                                                                    |
| <b>9</b><br>Dirty brown rice with beef*<br>(V) Dirty brown rice^<br>Spinach salad<br>Fresh fruit                                           | <b>10</b><br>Bean, corn, & chicken quesadilla<br>(V) Bean, corn & cheese quesadilla<br>With whole wheat tortilla *<br>Green Beans<br>Fresh fruit | <b>11</b><br>Whole wheat spaghetti & meat sauce*<br>(V) Spaghetti & tomato sauce w/ soy #^<br>Grated cheese<br>Spinach salad<br>Fresh fruit | <b>12</b><br>Turkey meatloaf<br>(V) French lentils w/ thyme^<br>Mashed sweet potatoes<br>Whole wheat bread/butter*<br>Fresh fruit | <b>13</b><br>(V) Lasagna<br>Tossed salad<br>Fresh fruit                                                                                                                                                                                                                                                                    |
| <b>16</b><br>Whole wheat ziti with chicken *<br>(V) Lentil penne & tomato sauce w/ soy *#^<br>Grated cheese<br>Tossed salad<br>Fresh fruit | <b>17</b><br>(V) Beans & Brown rice^<br>Tossed salad<br>Tortilla*<br>Fresh fruit                                                                 | <b>18</b><br>Shepherd's Pie<br>(V) Chickpea curry with potatoes^<br>Pineapple/mango coleslaw<br>Whole wheat bread/butter*<br>Fresh fruit    | <b>19</b><br>(V) Ravioli w/olive oil, tomato sauce & fresh basil<br>Carrots<br>Fresh fruit                                        | <b>20</b><br>BBQ chicken leg<br>(V) Mushroom stroganoff ^<br>California blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                                       |
| <b>23</b><br>Turkey sloppy joe<br>(V) Vegetarian sloppy joe ^<br>Corn & edamame<br>Roll<br>Fresh fruit                                     | <b>24</b><br>Chicken chili<br>(V) Veg out chili^<br>Broccoli & cheese salad<br>Whole wheat bread/butter*<br>Fresh fruit                          | <b>25</b><br>(V) Whole grain pizza*<br>Garden salad<br>Fresh fruit                                                                          | <b>26</b><br><br><b>CLOSED FOR<br/>THANKSGIVING</b>                                                                               | <b>27</b><br><br><b>CLOSED FOR<br/>THANKSGIVING</b>                                                                                                                                                                                                                                                                        |
| <b>30</b><br>Whole wheat Turk-a-roni*<br>(V) White bean mushroom soup^<br>Grated cheese<br>Southwest salad<br>Fresh fruit                  |                                                                                                                                                  |                                                                                                                                             | <i>Age-appropriate milk must be served with lunch</i>                                                                             | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

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# December 2026 – Lunch

| Monday                                                                                                                                     | Tuesday                                                                                                                                                 | Wednesday                                                                                                                                   | Thursday                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Age-appropriate milk must be served with lunch</i>                                                                                      | <b>1</b><br>Teriyaki-style chicken<br>(V) Broccoli & cheddar quinoa w/brown rice *<br>Sugar snaps & carrots<br>Whole wheat bread/butter*<br>Fresh fruit | <b>2</b><br>Chicken nuggets<br>(V) Veggie nuggets^<br>Potato soup<br>Whole wheat bread/butter*<br>Fresh fruit                               | <b>3</b><br>Beef BBQ<br>(V) BBQ with soy #^<br>Bean medley<br>Roll<br>Fresh fruit                                                    | <b>4</b><br>(V) Spinach manicotti<br>Winter blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit                                                                                                                                                                                                                   |
| <b>7</b><br>Turkey taco w/whole wheat Tortilla*<br>(V) Beans & brown rice burrito*^<br>Corn<br>Grated cheese<br>Fresh fruit                | <b>8</b><br>(V) Whole grain cheese melt *<br>Tomato soup<br>Fresh fruit                                                                                 | <b>9</b><br>Stuffing topped chicken pot pie<br>Apple coleslaw<br>(V) Black bean tortilla soup^<br>Whole wheat bread/butter*<br>Fresh fruit  | <b>10</b><br>Chicken thigh w/gravy<br>(V) Picadillo^<br>Broccoli<br>Whole wheat bread/butter *<br>Fresh fruit                        | <b>11</b><br>Chicken Alfredo with tri-color pasta<br>(V) Tri-color pasta alfredo<br>Salad<br>Fresh fruit                                                                                                                                                                                                                   |
| <b>14</b><br>Dirty brown rice with beef*<br>(V) Dirty brown rice^<br>Spinach salad<br>Fresh fruit                                          | <b>15</b><br>Bean, corn, & chicken quesadilla<br>(V) Bean, corn & cheese quesadilla<br>With whole wheat tortilla *<br>Green Beans<br>Fresh fruit        | <b>16</b><br>Whole wheat spaghetti & meat sauce*<br>(V) Spaghetti & tomato sauce w/ soy #^<br>Grated cheese<br>Spinach salad<br>Fresh fruit | <b>17</b><br>Turkey meatloaf<br>(V) French lentils w/ thyme^<br>Mashed sweet potatoes<br>Whole wheat bread/butter*<br>Fresh fruit    | <b>18</b><br>(V) Lasagna<br>Tossed salad<br>Fresh fruit                                                                                                                                                                                                                                                                    |
| <b>21</b><br>Whole wheat ziti with chicken *<br>(V) Lentil penne & tomato sauce w/ soy *#^<br>Grated cheese<br>Tossed salad<br>Fresh fruit | <b>22</b><br>(V) Beans & Brown rice^<br>Tossed salad<br>Tortilla*<br>Fresh fruit                                                                        | <b>23</b><br>(V) Ravioli w/olive oil, tomato sauce & fresh basil<br>Carrots<br>Fresh fruit                                                  | <b>24</b><br>BBQ chicken leg<br>(V) Mushroom stroganoff ^<br>California blend vegetables<br>Whole wheat bread/butter*<br>Fresh fruit | <b>25</b><br><br><b>CLOSED FOR CHRISTMAS</b>                                                                                                                                                                                                                                                                               |
| <b>28</b><br>Turkey sloppy joe<br>(V) Vegetarian sloppy joe ^<br>Corn & edamame<br>Roll<br>Fresh fruit                                     | <b>29</b><br>Chicken chili<br>(V) Veg out chili^<br>Broccoli & cheese salad<br>Whole wheat bread/butter*<br>Fresh fruit                                 | <b>30</b><br>Chicken parmesan<br>(V) Elbows, tomato sauce w/ soy*^<br>Zucchini & yellow squash<br>Whole wheat bread/butter*<br>Fresh fruit  | <b>31</b><br>(V) Whole grain pizza*<br>Garden salad<br>Fresh fruit                                                                   | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> |

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