



Menu

Red- Vegetarian Option

September
2026

		MON	TUE	WED	THU	FRI
			1-Sep	2-Sep	3-Sep	4-Sep
Snack			WG Muffin, Water	WG Bear Grahams, Water	Townhouse Crackers & Sunbutter, Water	WG Waffle Grahams, Water
Lunch			Pancakes, Fruit, Veggie, Milk	Cheese Quesadilla, Fruit, Veggie, Milk	Teriyaki Chicken, Rice, (Vegetable Fried Rice), Fruit, Veggie, Milk	WG Grilled Cheese Sandwich, Tomato Soup, Fruit, Milk
Snack			Graham Crackers, Water	WG Sports Bites, Water	WG Animal Crackers, Water	WG Goldfish, Water
		7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
Snack			Yogurt, Fruit, Water	WG Oatmeal Bar, Water	WG Cereal, Milk	Chef's Choice Day!
Lunch	School Closed		WG Chicken Nuggets (Grilled Cheese), Tater Tots, Fruit, Milk	Spaghetti in Alfredo Sauce, Fruit, Veggie, Milk	WG Pizza, Fruit, Veggie, Milk	
Snack			Vanilla Wafers, Water	Churro Crackers, Water	Apples & Sunbutter, Water	
		14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Snack		WG Lemon Blueberry Bites, Water	Townhouse Crackers & Sunbutter, Water	WG Muffin, Water	WG Waffle Grahams, Water	WG Bagel & Cream Cheese, Water
Lunch		Mac & Cheese, Fruit, Veggie, Milk	Fish Sticks (Spaghetti in Marinara Sauce), Fruit, Veggie, Milk	Chicken Parm (Pasta in Marinara Sauce), Fruit, Veggie, Milk	WG French Toast, Fruit, Sweet Potato Fries, Milk	Turkey Tacos on WG Tortilla (Sunbutter & Jelly Sandwich), Fruit, Veggie, Milk
Snack		WG Animal Crackers, Water	WG Goldfish, Water	Graham Crackers, Water	Sliced Cheese & WG Crackers, Water	WG Sports Bites, Water
		21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Snack		WG Cereal, Milk	Yogurt, Fruit, Water	WG English Muffin, Water	WG Oatmeal Bar, Water	Chef's Choice Day!
Lunch		BBQ Chicken, Rice, (Vegetable Fried Rice), Fruit, Veggie, Milk	Cheese Quesadilla, Fruit, Veggie, Milk	WG Grilled Cheese Sandwich, Tomato Soup, Fruit, Milk	WG Waffle, Tater Tots, Fruit, Milk	
Snack		WG Goldfish, Water	WG Maple Bites, Water	WG Educational Crackers, Water	Vanilla Wafers, Water	
		28-Sep	29-Sep	30-Sep		
Snack		Bagel & Cream Cheese, Water	WG Muffin, Water	WG Oatmeal Bar, Water		
Lunch		Spaghetti in Marinara Sauce, Fruit, Veggie, Milk	Chicken Patty (Grilled Cheese), Fruit, Veggie, Milk	Pizza Muffin, Fruit, Veggie, Milk		
Snack		Sliced Cheese & WG Crackers, Water	WG Animal Crackers, Water	Apples & Sunbutter, Water		

WG- Whole Grain

Preschool Serving Size Key: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2oz)