



Main Lunch Menu – Dairy & Egg Free September 2025

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk Alternative (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (*menu modifications in italics*)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk Alternative

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 Labor Day!!	September 2 Turkey Sandwich on WG Bread Carrot Sticks (Diced Tomatoes) Diced Pears Milk Alternative	September 3 Hamburger WGR Sandwich Bun Mixed Vegetables Ketchup Sliced Apples Milk Alternative	September 4 Beef BBQ Brown Rice Celery Sticks (chic peas) Fruit Cocktail Milk Alternative	September 5 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Diced Cucumbers) Clementine (Mandarins) Milk Alternative
September 8 Chicken BBQ WGR Sandwich Bun Roasted Potatoes Sliced Apples Milk Alternative	September 9 Turkey Sausage String Cheese Vegan French Toast Breakfast Potatoes Peaches Milk Alternative	September 10 Deli Turkey Slider WGR Slider Roll Carrot Sticks (Diced tomatoes) Pears Milk Alternative	September 11 WGR Chicken Fingers Carrots Ketchup Mango Milk Alternative	September 12 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli & Ranch Dressing (Diced Cucumbers) Fruit Cocktail Milk Alternative
September 15 Turkey Sandwich on WG Bread Carrot Sticks (Diced Tomatoes) Clementine (Mandarin) Milk Alternative	September 16 Beef Taco WGR Flour Tortilla Corn Diced Pears Milk Alternative	September 17 WG Pasta w. Meat Sauce Green Beans Fruit Cocktail Milk Alternative	September 18 Beef BBQ WGR Hoagie Roll Peas Banana Milk Alternative	September 19 Turkey Sausage WGR English Muffin w/ Grape Fruit Spread Diced Breakfast Potatoes Whole Apple (Applesauce) Milk Alternative
September 22 Grilled Chicken Sandwich WGR Sandwich Bun Carrots Pineapple Milk Alternative	September 23 Turkey Burger on WGR Bun Corn Ketchup Clementine (Mandarins) Milk Alternative	September 24 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli (Cucumbers) Whole Apple (Applesauce) Milk Alternative	September 25 Beef BBQ Green Beans Dinner Roll Blueberries Milk Alternative	September 26 Turkey Sausage Vegan French Toast Breakfast Potatoes Fruit Cocktail Milk Alternative
September 29 Turkey Sausage WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Whole Apple (Applesauce) Milk Alternative	September 30 SunButter & Grape Fruit Spread Sandwich on WGR Bread Fresh Broccoli & Ranch Dressing (Diced Cucumbers) Pears Milk Alternative	October 1 WG Pasta w. Meat Sauce Green Beans Peaches Milk Alternative	October 2 Beef BBQ Dinner Roll Roasted Potatoes Pineapple Milk Alternative	October 3 Turkey Ham Sandwich on WG Roll Carrot Sticks (Diced tomatoes) Clementine (mandarin) Milk Alternative

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries