

Main Lunch Menu – Wheat & Soy 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 (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 (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

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

Tuesday	Wednesday	Thursday	Friday
September 2	September 3	September 4	September 5
Turkey Sandwich on GF Bread	Hamburger	Beef BBQ	SunButter & Grape Fruit
Carrot Sticks (Diced Tomatoes)	GF Sandwich Bun	Brown Rice	Spread Sandwich on GF Bread
Diced Pears	Mixed Vegetables	Celery Sticks (chic peas)	Fresh Broccoli (Diced
Milk	Ketchup	Fruit Cocktail	Cucumbers)
	Sliced Apples	Milk	Clementine (Mandarins)
	Milk		Milk
September 9	September 10	September 11	September 12
Turkey Sausage	Deli Turkey Slider	GF Chicken Fingers	SunButter & Grape Fruit
String Cheese	GF Slider Roll	Carrots	Spread Sandwich on GF Bread
Rice	Carrot Sticks (Diced tomatoes)	Ketchup	Fresh Broccoli & Ranch
Carrots	Pears	Mango	Dressing (Diced Cucumbers)
Peaches	Milk	Milk	Fruit Cocktail
Milk			Milk
September 16	September 17	September 18	September 19
Beef Taco	GF Pasta w. Meat Sauce	Beef BBQ	Turkey Sausage
Rice	Green Beans	GF Hoagie Roll	Rice
Corn	Fruit Cocktail	Peas	Diced Breakfast Potatoes
Diced Pears	Milk	Banana	Whole Apple (Applesauce)
Milk		Milk	Milk
September 23	September 24	September 25	September 26
Turkey Burger on GF Bun	SunButter & Grape Fruit Spread	Beef BBQ	Turkey Sausage
Corn	Sandwich on GF Bread	Green Beans	Rice
Ketchup	Fresh Broccoli (Cucumbers)	GF Dinner Roll	Breakfast Potatoes
Clementine (Mandarins)	Whole Apple (Applesauce)	Blueberries	Fruit Cocktail
Milk	Milk	Milk	Milk
September 30	October 1	October 2	October 3
SunButter & Grape Fruit Spread	GF Pasta w. Meat Sauce	Beef BBQ	Turkey Ham Sandwich on GF
Sandwich on GF Bread	Green Beans	GF Dinner Roll	Roll
		1	
Fresh Broccoli & Ranch Dressing	Peaches	Roasted Potatoes	Carrot Sticks (Diced tomatoes)
Fresh Broccoli & Ranch Dressing (Diced Cucumbers)	Peaches Milk	Roasted Potatoes Pineapple	Carrot Sticks (Diced tomatoes) Clementine (mandarin)
	September 2 Turkey Sandwich on GF Bread Carrot Sticks (Diced Tomatoes) Diced Pears Milk September 9 Turkey Sausage String Cheese Rice Carrots Peaches Milk September 16 Beef Taco Rice Corn Diced Pears Milk September 23 Turkey Burger on GF Bun Corn Ketchup Clementine (Mandarins) Milk September 30 SunButter & Grape Fruit Spread	September 2 Turkey Sandwich on GF Bread Carrot Sticks (Diced Tomatoes) Diced Pears Milk September 9 Turkey Sausage String Cheese Rice Carrots Peaches Milk September 16 Beef Taco Rice Corn Diced Pears Milk September 26 Corn Diced Pears Milk September 27 Turkey Burger on GF Bun Corn Ketchup Clementine (Mandarins) Milk September 30 SunButter & Grape Fruit Spread GF Sandwich Bun Mixed Vegetables Ketchup GF Sandwich Bun Mixed Vegetables Mixed Pears Mikk September 10 Deli Turkey Slider GF Slider Roll Carrot Sticks (Diced tomatoes) Pears Milk September 17 GF Pasta w. Meat Sauce Green Beans Fruit Cocktail Milk September 23 September 24 SunButter & Grape Fruit Spread Fresh Broccoli (Cucumbers) Whole Apple (Applesauce) Milk September 30 SunButter & Grape Fruit Spread GF Pasta w. Meat Sauce	September 2 Turkey Sandwich on GF Bread Carrot Sticks (Diced Tomatoes) Diced Pears Milk September 9 Turkey Sausage String Cheese Rice Carrots Peaches Milk September 16 Beef Taco Rice Corn Diced Pears Milk September 16 Beef Taco Rice Corn Diced Pears Milk September 2 Turkey Suese Rice Corn Diced Pears Milk September 2 Turkey Sausage String Cheese Rice Carrots Pears Milk September 16 Beef Taco Rice Corn September 17 GF Pasta w. Meat Sauce Green Beans Milk September 23 Turkey Burger on GF Bun Corn September 24 September 24 September 25 Turkey Burger on GF Bun Corn Ketchup Clementine (Mandarins) Milk September 3 September 10 September 10 September 10 September 10 September 1

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