



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

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

****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