



Main Lunch Menu 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 & Cheese Sandwich on WGR Bread Carrot Sticks (Diced Tomatoes) Ranch Dressing Diced Pears Milk Sunbutter & Grape Sandwich	September 3 Hamburger w/ Cheddar Cheese WGR Sandwich Bun Mixed Vegetables Ketchup Sliced Apples Milk Veggie Burger	September 4 Swedish Meatballs Brown Rice Celery Sticks (chic peas) Ranch Dressing Fruit Cocktail Milk Veggie Swedish Meatballs	September 5 Strawberry Yogurt String Cheese WGR Bagel w/ Cream Cheese Fresh Broccoli (Diced Cucumbers) Ranch Dressing Clementine (Mandarins) Milk
September 8 Chicken BBQ WGR Sandwich Bun Roasted Potatoes Sliced Apples Milk Veggie Burger	September 9 Turkey Sausage String Cheese WGR French Toast Breakfast Potatoes Peaches Milk WG Waffle and Veggie Sausage	September 10 Deli Turkey Slider w/ American Cheese WGR Slider Roll Mayo Carrot Sticks w/ Ranch (Diced tomatoes) Pears Milk Cheese Sandwich	September 11 WGR Chicken Fingers Mashed Potatoes Ketchup Mango Milk Veggie Nuggets	September 12 SunButter & Grape Fruit Spread Sandwich on WGR Bread String Cheese Fresh Broccoli & Ranch Dressing (Diced Cucumbers) Fruit Cocktail Milk
September 15 Chicken Salad Sandwich on WGR Sandwich Bun Carrot Sticks (Diced Tomatoes) Ranch Dressing Clementine (Mandarin) Milk Cheese Sandwich	September 16 Beef Taco WGR Flour Tortilla Shredded Cheddar Cheese Corn Diced Pears Milk Bean Taco	September 17 Mac & Cheese w/ WGR Pasta Green Beans Fruit Cocktail Milk	September 18 Meatball Hoagie w/ Mozzarella Cheese WGR Hoagie Roll Peas Banana Milk Veggie Meatballs w/ Marinara Sauce	September 19 Egg & Cheese Omelet WGR English Muffin w/ Grape Fruit Spread Diced Breakfast Potatoes Whole Apple (Applesauce) Milk
September 22 Grilled Chicken Sandwich w/ American Cheese WGR Sandwich Bun Carrots Pineapple Milk Veggie Burger	September 23 Turkey Burger w/ Cheddar Cheese on WGR Bun Corn Ketchup Clementine (Mandarins) Milk Veggie Burger on WG Bun	September 24 WGR Pizza Bagel w/ Mozzarella Cheese and Marinara Sauce Fresh Broccoli w/ Ranch Dressing (Cucumbers) Whole Apple (Applesauce) Milk	September 25 BBQ Meatballs Green Beans Dinner Roll Blueberries Milk BBQ Veggie Meatballs	September 26 Turkey Sausage String Cheese WGR French Toast Breakfast Potatoes Fruit Cocktail Milk WG Waffle and Veggie Sausage
September 29 Egg & Cheese Omelet WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Whole Apple (Applesauce) Milk	September 30 SunButter & Grape Fruit Spread Sandwich on WGR Bread String Cheese Fresh Broccoli & Ranch Dressing (Diced Cucumbers) Pears Milk	October 1 Mac & Cheese w/ WGR Pasta Green Beans Peaches Milk	October 2 Italian Meatballs w/ Caesar Dinner Roll w/ Butter Roasted Potatoes Pineapple Milk Italian Veggie Meatballs w/ Caesar	October 3 Turkey Ham & Cheese Sandwich on WG Roll Carrot Sticks (Diced tomatoes) Ranch Dressing Clementine (mandarin) Milk Cheese Sandwich

****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