



# K-8 Hot Lunch

September 2025

## Monday Tuesday Wednesday Thursday Friday

<u>Monday, September 1</u> Savory Hoisin Glazed Chicken - 2 oz <i>Savory Hoisin Glazed Tofu</i> (not-so) Fried Rice - 8 fl oz Green Beans - 4 fl oz Red Pepper Strips - 2 fl oz Orange Slices - 4 ea	<u>Tuesday, September 2</u> WG Chicken Nuggets - 5 ea <i>GF/DF/EF Veggie Nuggets</i> WG Bread Slice - 1 ea Steamed Carrots - 4 fl oz Celery Sticks - 2 fl oz Applesauce - 4 fl oz <i>Ketchup Packet</i>	<u>Wednesday, September 3</u> WG Elbow Noodles - 6 fl oz Homemade Cheese Sauce - 4 fl oz Broccoli - 4 fl oz Baby Carrots - 2 fl oz Pear Slices - 4 ea <i>Ranch Packet</i>	<u>Thursday, September 4</u> Green Pozole - 8 fl oz w/ Chicken - 1 oz <i>Green Vegetarian Pozole</i> Tortilla Chips - 10 ea Cabbage - 4 fl oz Black Beans - 2 fl oz Pineapple - 4 fl oz	<u>Friday, September 5</u> Beef Burger w/ American Cheese - 1 ea <i>Veggie Burger</i> WG Hamburger Bun Seasoned Potatoes - 4 fl oz Pickle Chips - 2 fl oz Fruit Salad CH - 4 fl oz <i>Ketchup &amp; Mustard Packet</i>
<u>Monday, September 8</u> WG Chicken Patty - 1 ea <i>Bean &amp; DF Cheese Tamale</i> WG Hamburger Bun Sweet Corn - 4 fl oz Lemony Chickpea Salad - 2 fl oz Orange Slices - 4 ea <i>Ketchup Packet</i>	<u>Tuesday, September 9</u> WG Pasta - 6 fl oz Marinara Sauce - 3 fl oz Mozzarella Cheese - 1.5 oz Garlic Green Beans - 4 fl oz Cherry Tomatoes - 2 fl oz Apple Slices - 4 ea	<u>Wednesday, September 10</u> Zesty BBQ Breaded Chicken Drumstick - 1 ea Brown Rice - 6 fl oz Peas - 4 fl oz Seasoned Black Beans - 2 fl oz Pear Slices - 4 ea	<u>Thursday, September 11</u> Riso al Forno <i>Greek Tomato Lentils</i> w/ Brown Rice Broccoli - 4 fl oz Pineapple - 4 fl oz	<u>Friday, September 12</u> Scrambled Eggs - 3 Tbsp WG Pancake - 2 ea Hashbrowns - 4 fl oz Baby Carrots - 2 fl oz Melon - 4 fl oz <i>Breakfast Syrup</i> <i>Ranch Packet</i>
<u>Monday, September 15</u> Garlic & Herb Cheese Pizza - 1 ea Baby Carrots - 4 fl oz Celery - 2 fl oz Applesauce - 4 fl oz <i>Ranch Packet</i>	<u>Tuesday, September 16</u> Chicken Tinga - 2 oz <i>Veggie Taco Meat</i> WG Flour Tortilla - 1 ea Roasted Corn - 4 fl oz Red Pepper Strips - 2 fl oz Pear Slices - 4 ea	<u>Wednesday, September 17</u> WG Pasta - 6 fl oz Tomato Cream Sauce - 3 fl oz Mozzarella Cheese - 1.5 oz Squash Medley - 4 fl oz Italian Chickpea Salad - 2 fl oz Apple Slices - 4 ea	<u>Thursday, September 18</u> Turkey Chili - 4 fl oz <i>Three Bean Chili</i> Cornbread - 1 ea Roasted Potatoes - 4 fl oz Cucumbers Slices - 2 fl oz Melon - 4 fl oz <i>Ranch Packet</i>	<u>Friday, September 19</u> WG Chicken Nuggets - 5 ea <i>GF/DF/EF Veggie Nuggets</i> WG Bread Slice - 1 ea Broccoli - 4 fl oz Red Bean Salad - 2 fl oz Fruit Salad CP - 4 fl oz <i>Ketchup Packet</i>
<u>Monday, September 22</u> Beef Hot Dog <i>Veggie Dog</i> WG Hot Dog Bun Sweet Corn - 4 fl oz Baby Carrots - 2 fl oz Applesauce - 4 fl oz <i>Ketchup &amp; Mustard Packet</i>	<u>Tuesday, September 23</u> Sweet & Savory Teriyaki Chicken Meatballs - 3 ea <i>Dahl Lentils</i> Brown Rice - 6 fl oz Squash Medley - 4 fl oz Black Beans - 2 fl oz Apple Slices - 4 ea	<u>Wednesday, September 24</u> WG Chili Mac - 8 fl oz Sliced Carrots - 4 fl oz Celery Sticks - 2 fl oz Pear Slices - 4 ea <i>Ranch Packet</i>	<u>Thursday, September 25</u> Turkey Meatloaf - 2 oz <i>Veggie Meatloaf</i> WG Bread Slice - 1 ea Green Beans - 4 fl oz Cherry Tomatoes - 2 fl oz Fruit Salad HP - 4 fl oz Gravy - 1 fl oz	<u>Friday, September 26</u> WG Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Broccoli - 4 fl oz Pickle Chips - 2 fl oz Pineapple - 4 fl oz <i>Ketchup Packet</i>

WG = Whole Grain

Fruit Salad CP/HP/CH = Cantaloupe & Pineapple, Honeydew & Pineapple, Cantaloupe & Honeydew

\*Two types of milk offered with every meal

\*\*This institution is an equal opportunity provider