



### Free Breakfast Menu

**Each Breakfast is Served with Apple Juice and Apple Slices**

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

| MON                                                                                               | TUES                                                     | WED                                                | THURS                                                         | FRI                                                                                                 |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|                                                                                                   | <sup>1</sup><br>-Donuts<br>-Cereal                       | <sup>2</sup><br>-Cinni Minis<br>-Cereal            | <sup>3</sup><br>-Bagel w/ cream cheese<br>-Cereal             | <sup>4</sup><br> |
| <sup>7</sup><br> | <sup>8</sup><br>-Donuts<br>-Cereal                       | <sup>9</sup><br>-Mini Pancakes<br>-Cereal          | <sup>10</sup><br>-Everything Bagel w/ cream cheese<br>-Cereal | <sup>11</sup><br>-Warm Cinnamon Bun<br>-Cereal                                                      |
| <sup>14</sup><br>-Trix Muffin<br>-Cereal                                                          | <sup>15</sup><br>-French Toast<br>Benefit Bar<br>-Cereal | <sup>16</sup><br>-Grape Filled Crescent<br>-Cereal | <sup>17</sup><br>-Cinnamon Bagel w/ cream cheese<br>-Cereal   | <sup>18</sup><br>-French Toast Sticks<br>-Cereal                                                    |
| <sup>21</sup><br>-Blueberry Muffin<br>-Cereal                                                     | <sup>22</sup><br>-Fudge Pop Tart<br>-Cereal              | <sup>23</sup><br>-Pancake Puffs<br>-Cereal         | <sup>24</sup><br>-Cinnamon Bagel w/ cream cheese<br>-Cereal   | <sup>25</sup><br>-Croissant, Egg & Cheese Sandwich<br>-Cereal                                       |
| <sup>28</sup><br>-Apple Cinnamon Muffin<br>-Cereal                                                | <sup>29</sup><br>-Banana Bread<br>-Cereal                | <sup>30</sup><br>-Mini French Toast<br>-Cereal     |                                                               |                                                                                                     |

**Menus are subject to change.**



**Breakfast is Free for All Students**



## High School FREE LUNCH MENU

| MON                                                                                                     | TUES                                                                                      | WED                                                                                       | THURS                                                                                       | FRI                                                                                         |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 3<br>                  | 4<br>    | 5<br>    | 6<br>    | 7<br>    |
| 10<br>                 | 11<br>   | 12<br>   | 13<br>   | 14<br>   |
| 17<br>               | 18<br> | 19<br> | 20<br> | 21<br> |
| 24<br>               | 25<br> | 26<br> | 27<br> | 28<br> |
| 31<br>-Chicken Sandwich<br>Boneless Wings<br>-Halal Hotdog<br>-Pizza Crunchers<br>-Buffalo Chicken Wrap |                                                                                           |                                                                                           |                                                                                             |                                                                                             |

### Hot Vegetables Available

M: Roasted Veggie Blend  
Tu: Roasted Peppers & Onions  
W: Roasted Acorn Squash  
Th: Hot Broccoli  
Fri: Oven Baked Fries

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat  
Milk

Powering  
potential.

Menus are subject to change.



Side Salads w/ variety of dressings available as follows

Monday: Cucumber & Carrot  
Tuesday: Carrot & Garbanzo Beans  
Wednesday: Cucumber & Bell Pepper  
Thursday : Carrot & Garbanzo  
Friday: Carrot & Tomato



# September 2026

## High School

### FREE LUNCH MENU

#### Hot Vegetables Available

M: Roasted Veggie Blend  
 Tu: Roasted Peppers & Onions  
 W: Roasted Acorn Squash  
 Th: Hot Broccoli  
 Fri: Oven Baked Fries

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

| MON                                                                                                         | TUES                                                                                                                  | WED                                                                                                            | THURS                                                                                                          | FRI                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                             | -Spicy Chicken Sandwich <sup>1</sup><br>-Halal Chicken Cheesesteak<br>-French Bread Pizza<br>-Chef Turkey & Egg Salad | -Teriyaki Boneless Wings<br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Chicken Tender Snack Wrap          | Turkey Bacon Cheeseburger <sup>3</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Veggie Nugget Salad  |                                             |
|                            | -Spicy Chicken Sandwich <sup>8</sup><br>-Halal Chicken Cheesesteak<br>-French Bread Pizza<br>-Chef Turkey & Egg Salad | -BBQ Boneless Wings <sup>9</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Chicken Tender Snack Wrap  | -Popcorn Chicken <sup>9</sup> Lo Mein<br>-Halal Chicken Sandwich<br>-Pizza Crunchers<br>-Veggie Nugget Salad   | -French Toast <sup>11</sup> w/ Turkey Sausage<br>-Halal Cheeseburger<br>-Buffalo Veggie Nuggets<br>-Chicken, Apple, Feta Salad |
| -Chicken Parm Sandwich <sup>14</sup><br>-Halal Hotdog<br>-Pizza Crunchers<br>-Buffalo Chicken Wrap          | -Barbacoa Mac & Cheese <sup>15</sup><br>-Halal Cheesesteak<br>Mac & Cheese<br>-Chef Turkey & Egg Salad                | -Buffalo Wings <sup>16</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Chicken Tender Snack Wrap      | Turkey Bacon Cheeseburger <sup>17</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Veggie Nugget Salad | -Teriyaki Boneless Wings <sup>18</sup><br>-Halal Cheeseburger<br>-Buffalo Veggie Nuggets<br>-Chicken, Apple, Feta Salad        |
| -Cajun Spiced Chicken Drumstick <sup>21</sup><br>-Halal Hotdog<br>-Pizza Crunchers<br>-Buffalo Chicken Wrap | Spicy Chicken Sandwich <sup>22</sup><br>-Halal Chicken Cheesesteak<br>-French Bread Pizza<br>-Chef Turkey & Egg Salad | -BBQ Boneless Wings <sup>23</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Chicken Tender Snack Wrap | Pasta w/ meatballs <sup>24</sup><br>-Halal Chicken Sandwich<br>-Pizza Crunchers<br>-Veggie Nugget Salad        | Barbacoa Cheese Toast <sup>25</sup><br>-Halal Cheeseburger<br>-Buffalo Veggie Nuggets<br>-Chicken, Apple, Feta Salad           |
| -Buzzer Beater Box <sup>28</sup><br>-Halal Hotdog<br>-Pizza Crunchers<br>-Buffalo Chicken Wrap              | -Barbacoa Mac & Cheese <sup>29</sup><br>-Halal Cheesesteak<br>Mac & Cheese<br>-Chef Turkey & Egg Salad                | -Buffalo Wings <sup>30</sup><br>-Halal Chicken Nuggets<br>-Jalapeno Poppers<br>-Chicken Tender Snack Wrap      | <b>Snack Packs Available for Students who Bring Lunch From Home</b>                                            |                                                                                                                                |

Menus are subject to change.

Side Salads w/ variety of dressings available as follows

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This institution is an equal opportunity provider.