

PICK 2

You can always pick 2 for
Breakfast in the Cafe

Choose breakfast Entrée or pick 2* of the
following: cereal, string cheese, toast or yogurt.

Breakfast Prices: Paid \$2.10 | Reduced FREE

Lunch Prices: Paid \$3.30 | Reduced FREE

Cheese Sandwich offered at lunch daily

Vegetarian entrées are written in green

All salads can be made vegetarian



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Nacho Day! Pizza Quesadilla Turkey and Cheese sub Corn Fruit and Veggie bar	Macaroni and Cheese Chicken Nuggets Turkey and Cheese sub Broccoli Fruit and Veggie bar	Oven Chicken Drumstick Hamburger/ Cheeseburger Turkey and Cheese sub Mashed Potato Fruit and Veggie bar	Cheese or Pepperoni Pizza Turkey and Cheese sub Tossed Salad Fruit and Veggie bar
7	8	9	10	11
No School	Soft Beef Taco's Hot Dog Pretzel Pack Lunch Black beans Fruit and Veggie Bar	No School	Pasta and Meatballs Hamburger/ Cheeseburger Pretzel Pack Lunch French Fries Fruit and Veggie Bar	Cheese or Pepperoni Pizza Pretzel Pack Lunch Strawberry and Greens salad Fruit and Veggie Bar
14	15	16	17	18
Scrambled Egg Bowl Chicken Patty Sandwich Ham and Cheese Sub Roasted Potatoes Fresh Fruit and Veggie bar	Chicken Patty Sandwich Pizza Cruncher Ham and Cheese Sub Baked beans Fresh Fruit and Veggie bar les>	Chicken Alfredo and Pasta Chicken Nuggets Ham and Cheese Sub Broccoli Fresh Fruit and Veggie bar	Orange Chicken and Rice Hamburger/ Cheeseburger Ham and Cheese Sub Carrot Fries Fresh Fruit and Veggie bar	Cheese and Pepperoni Pizza Ham and Cheese Sub Fresh garden Salad Fresh Fruit and Veggie bar
21	22	23	24	25
Waffles and Chicken Sausage Chicken Patty Pizza bagel Lunch Pack Seasoned Potatoes Fresh Fruit and Veggie bar	Nacho Day Grilled Cheese Pizza bagel Lunch Pack Baked beans Fresh Fruit and Veggie bar	DUMPLING DAY! Chicken Dumplings Chicken Nuggets and Roll Pizza bagel Lunch Pack Crinkle Fries Fresh Fruit and Veggie bar	Baked Potato bar Hamburger/ Cheeseburger Pizza Bagel Lunch Pack Fresh Broccoli Fresh Fruit and Veggie bar	Cheese and Pepperoni Pizza Pizza bagel Lunch pack Fresh garden Salad Fresh Fruit and Veggie bar
28	29	30		
French toast sticks w/Sausage Chicken Patty sandwich Popcorn Chicken salad w/roll Tator tots	Meatball Sub Mini Corn Dogs Popcorn Chicken salad w/roll Sweet potato fries Fresh Fruit and Veggie bar	Bosco stick with sauce Chicken Nuggets w/ roll Popcorn Chicken salad w/roll Caesar Salad Fresh Fruit and Veg Bar		



We are hiring!
Scan QR code to
apply.

**Food Service
Worker**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pancake on a Stick Assorted Cereal Juice/ Fresh Fruit	2 Smoothie Assorted Cereal Juice/ Fresh Fruit	3 Egg and Cheese Bagel Sandwich Assorted Cereal Juice/ Fresh Fruit	4 Pancake Bites Assorted Cereal Juice/ Fresh Fruit
7 No School	8 Breakfast Round Assorted Cereal Juice/ Fresh Fruit	9 No School	10 Breakfast Sandwich Assorted Cereal Juice/ Fresh Fruit	11 Sausage Egg an Cheese Sandwich Assorted Cereal Juice/ Fresh Fruit
14 Muffin of the Day Assorted Cereal Juice/ Fresh Fruit	15 Bacon, Egg and Cheese Sandwich Assorted Cereal Juice/ Fresh Fruit	16 Donut Holes Assorted Cereal Juice/ Fresh Fruit	17 Breakfast Pizza Assorted Cereal Juice/ Fresh Fruit	18 Cinnamon Roll Assorted Cereal Juice/ Fresh Fruit
21 Muffin of the Day Assorted Cereal Juice/ Fresh Fruit	22 Bacon, Egg and Cheese Sandwich Assorted Cereal Juice/ Fresh Fruit	23 Smoothie Assorted Cereal Juice/ Fresh Fruit	24 Breakfast Rounds Assorted Cereal Juice/ Fresh Fruit	25 Mini French Toast Assorted Cereal Juice/ Fresh Fruit
28 Breakfast Pizza Assorted Cereal Juice/ Fresh Fruit	29 Bacon, Egg and Cheese Sandwich Assorted Cereal Juice/ Fresh Fruit	30 Yogurt Parfait Assorted Cereal Juice/ Fresh Fruit		

FRUIT & VEGGIE TIME

VITAMINS AND MINERALS GALORE

Fruits and vegetables are essential for growing kids because they provide vital vitamins (A, C, K), minerals (potassium, magnesium), and fiber necessary for growth, immunity, and brain development. They help maintain a healthy weight, improve school performance, and reduce the long-term risk of diseases like diabetes and heart disease.

AVOCADO HUMMUS SNACK CUPS

INGREDIENTS:

- 1 (15-oz.) can cannellini beans (white beans), drained and rinsed
- 2 ripe, fresh California Avocados, seeded and peeled
- 2 Tbsp. freshly squeezed lemon juice
- 1 clove garlic
- 1 tsp. kosher salt
- 2 Tbsp. olive oil

*DO NOT chop or cook without adult supervision.

INSTRUCTIONS:

1. Place the beans, avocado, lemon juice, garlic, and kosher salt into a food processor and blend until smooth
2. Slowly drizzle in the olive oil and pulse until blended
3. Spoon mixture into the bottom of a to-go cup or container
4. Stick dipping veggies—carrot sticks, sliced bell peppers, snap peas, celery, cherry tomatoes, or whatever you like—into the hummus and dig in!



CREATE A RAINBOW PLATE

COLORFUL FOODS ARE GOOD FOR YOU!

CONCEPT: Balanced meals

SUPPLIES: Paper plates, crayons

INSTRUCTIONS:

1. Divide plate into sections.
2. Fill each section with different fruits and vegetables of the same color or shape
3. Discuss—what fruits and vegetables did you include? What vitamins might they contain? How could they be part of a balanced meal?

SUPERHERO CREATOR

CONCEPT: Draw and color fruit- and veggie-based superheroes based on the benefits each provides

EXAMPLES:

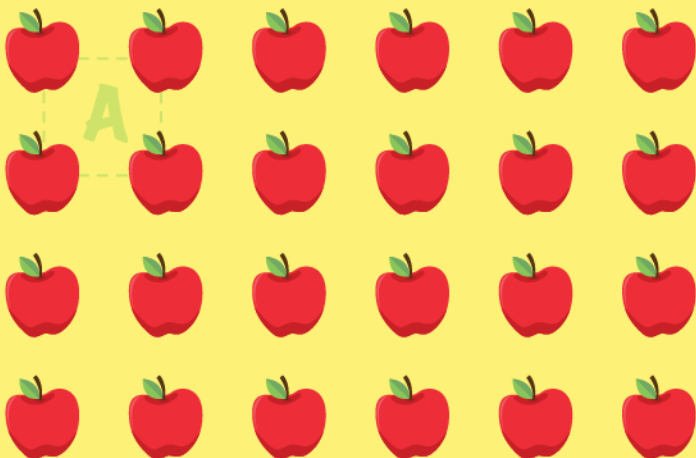
- Carrots → Super Sight
- Spinach → Strong Muscles
- Oranges → Immune Boost, Healthy Skin
- Broccoli → Strong Bones

DISCUSS: Name your heroes and choose a team name!

APPLE-A-DAY DOT GAME

Connect the apples to score points!

Take turns with a friend drawing a line between two apples. When you finish a square, put your initial inside. The player with the most squares at the end of the game is the winner!



FRESH FUNNIES

Q: Why did the banana go to the doctor?

A: It wasn't PEELING well!

Q: What do you call a sad strawberry?

A: A blueberry!

Q: What's orange and sounds like a parrot?

A: A carrot!

Q: Why do beets always win?

A: The are un-beet-able!

