Elementary Lunch Menu
September 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken & Biscuit **Mashed Potatoes** **Broccoli Salad**	**1** Chicken & Cheese Quesadilla **Steamed Corn** **Salsa**	**2** Asian Sesame Chicken over Rice **Steamed Broccoli** **Cucumbers**	**3** **Breakfast for Lunch:** Waffles, French Toast, or Pancakes w/ Cheese Omelet **Tri-Taters** **Mandarin Spring Salad**	**4**
Daily Offerings: Nachos Craveable | Ham & Cheese Sandwich				
7 	**8** Beef Soft Tacos **Refried Beans** **Lettuce & Tomato**	**9** Indian Butter Chicken over Brown Rice **Glazed Carrots** **Broccoli Salad**	**10** Italian Toaster Sandwich **Curly Fries** **Apple Cider Slaw**	**11** Pepperoni Pizza **Honey Cinnamon Sweet Potato** **Corn Salad**
Daily Offerings: Super Fruit Craveable | Italian Hoagie				
14 Breaded Chicken Tenders w/ Mini Waffles **Crinkle Cut Fries** **Chickpea Salad**	**15** Walking Taco with Pretzel Stick **Seasoned Black Beans** **Tomato Salad**	**16** Chicken Alfredo over Penne with Breadstick **Steamed Broccoli** **Cucumbers**	**17** Toasted Cheese Sandwich (V) **Tomato Soup** **Green Pepper Strips**	**18** Cheese Pizza **Steamed Green Beans** **Broccoli Florets**
Daily Offerings: Pizza Craveable | Ham & Cheese Sandwich				
21 Orange Chicken over Brown Rice **Steamed Broccoli** **Cucumber Slices**	**22** Chicken Enchilada Soup w/ Tortilla Chips **Golden Corn** **Strawberry Spinach Salad**	**23** French Toast Sticks with Sausage Links **Tri-Taters** **Cherry Tomatoes**	**24** Mac & Cheese with Dinner Roll **Steamed Garden Peas** **3-Bean Salad**	**25** Fiestada Pizza **Mixed Vegetables** **Carrot & Raisin Salad**
Daily Offerings: Soft Pretzel Craveable | Turkey & Cheese Hoagie				
28 General Tso's Chicken with Brown Rice **Steamed Broccoli** **Chickpea Salad**	**29** Beef Enchilada **Seasoned Black Beans** **Corn Salad**	**30** Ham, Egg & Cheese on Maple Waffle Flatbread **Hash Brown Potato** **Fresh Cucumber Slices**	**Daily Alternates** **Garden Salad with Goldfish Crackers & Dinner Roll** **PB & J Craveable** **Yogurt & Cheese Stick Craveable**	
Daily Offerings: Breadstick Dipper Craveable (V) | Italian Hoagie				

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Students may choose two ½ cup servings.
Milk Selections: 1% White Milk & Fat-Free Chocolate Milk

Lunch Prices	
Student	$3.15
Adult	$4.85

(V) Vegetarian
(VG) Vegan
(GF) Gluten-Free
(H) Halal

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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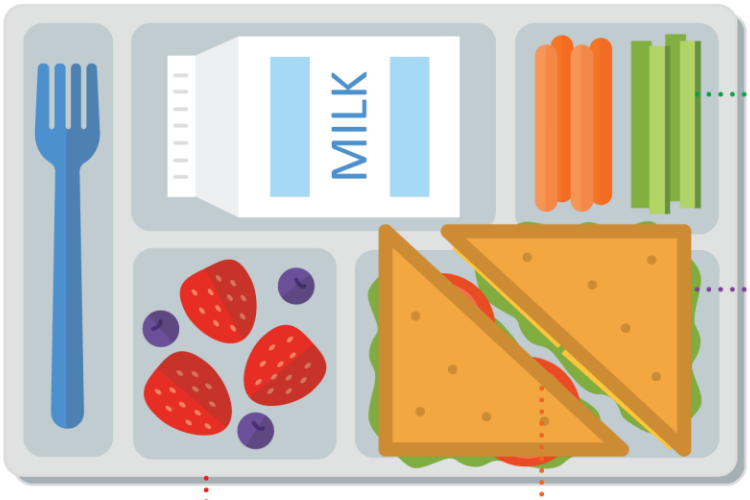

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of the **5** components available for the school lunch price:

Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk
A minimum of ½ cup serving of fruit must accompany a school breakfast.

Assorted Variety of Milk Available Daily
Fat-Free White, 1% White, and 1% Chocolate

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LUNCH PRICES

Student Lunch:	$3.15
Adult Lunch:	$4.85

TRY IT Tuesday

Get ready to expand your tastebuds with **Try It Tuesday**! Happening **once a month**, this fun event is the perfect opportunity for students to sample fresh fruits and vegetables, discover brand-new menu items, or enjoy the return of past favorites.

YOUR DINING SERVICES TEAM
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