

What's Cooking?

September 2025

Breakfast

MONDAY

1



School

No

TUESDAY

2

- Whole Grain Waffles
- Apple Cinnamon Cheerios
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

WEDNESDAY

3

- Turkey Sausage & Egg on English Muffin
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Whole Apple Gala
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

THURSDAY

4

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Multigrain Cheerios
- Honey Graham Crackers
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

FRIDAY

5

- Sausage, Cheese & Biscuit Sandwich
- Mixed Berry Smoothie
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

8

- Breakfast Turkey Sausage Pizza
- WG Banana Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

9

- Whole Grain Pancake Donut bites with Strawberries
- Reduced Sugar Trix
- Tiger Graham Crackers
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

10

- Sausage & Cheese Bagel Sandwich
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

11

- Cherry Frudel
- Apple Cinnamon Cheerios
- Tiger Graham Crackers
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

12

- Crunchy Very Berry Parfait
- Whole Grain Apple Cinnamon Muffin
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

15

- Chicken Ranch Wrap
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

16

- Sausage, Cheese & Biscuit Sandwich
- Apple Cinnamon Cheerios
- Tiger Graham Crackers
- Chilled Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

17

- Whole Grain Waffles
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

18

- Fresh Baked Whole Grain Biscuit
- Grape Jelly
- Cheerios
- Tiger Graham Crackers
- Chilled Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

19



School

No

22

- Apple Frudel
- WG Banana Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

23

- Chicken Tenders
- Whole Grain Waffle
- Reduced Sugar Trix
- Tiger Graham Crackers
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

24

- Fresh Baked Whole Grain Biscuit
- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

25

- Strawberry Cream Cheese Stuffed Bagel
- Apple Cinnamon Cheerios
- Tiger Graham Crackers
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

26

- Whole Grain Panckae Donut bites with Blueberries
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

29

- Skewered Sausage Pancake
- Whole Grain Apple Cinnamon Muffin
- Low Fat Mozzarella String Cheese
- Fresh Whole Apple Gala
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

30

- Whole Grain Waffles
- Apple Cinnamon Cheerios
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

🍳 9/26 Pancake Day

If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.