

What's Cooking?

September 2025

Breakfast

MONDAY

1



School

No

TUESDAY

2

- Whole Grain Waffles
- Breakfast Syrup
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- 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
- Frosted Fudge 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

THURSDAY

4

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

FRIDAY

5

- Sausage, Cheese & Biscuit Sandwich
- Mixed Berry Smoothie
- Cinnamon Granola
- Low Fat Mozzarella String Cheese
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

8

- Southwest Chicken Filet Sandwich
- Turkey Sausage Patty
- Breakfast Syrup
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip 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

9

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

10

- Whole Grain Waffles
- Breakfast Syrup
- Frosted Cinnamon Pop-Tart
- Frosted Fudge 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

11

- Scrambled Eggs with Cheddar Cheese
- Fresh Baked Whole Grain Biscuit
- Grape Jelly
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Honey Graham Crackers
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

12

- Chicken Biscuit Sandwich
- Berry Parfait with Cheerios
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

15

- Apple Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

16

- Chicken Tenders
- Whole Grain Waffle
- Breakfast Syrup
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

17

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

18

- Strawberry Cream Cheese Stuffed Bagel
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

19



School

No

22

- Skewered Sausage Pancake
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip 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

- Whole Grain Waffles
- Breakfast Syrup
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

24

- Turkey Sausage & Egg on English Muffin
- Frosted Cinnamon Pop-Tart
- Frosted Fudge 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

25

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

26

- Sausage, Cheese & Biscuit Sandwich
- Mixed Berry Smoothie
- Cinnamon Granola
- Low Fat Mozzarella String Cheese
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

29

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

30

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Pineapple Tidbits
- 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.

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