

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



# September 2026

## ELEMENTARY SCHOOL LUNCH MENU

Menus are subject to change.

September 28 to October 2

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### ENTREE

|  | MON                                                             | TUES                                                              | WED                                                  | THURS                                                                 | FRI                                                           |
|--|-----------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
|  | Chili Hot Dog                                                   | French Toast with Turkey Sausage OR Veggie Sausage                | Chicken Dumplings with Fried Rice                    | Cheese Quesadilla                                                     | Meatballs with Cilantro Rice                                  |
|  | Chicken Ham and Cheese Sliders                                  | Chicken Tender with Breadstick                                    | Veggie Dumpling with Fried Rice                      | Turkey Barbacoa Soft Tacos with salsa and sour cream                  | Cheese Pizza<br>Pepperoni Pizza                               |
|  | Egg Chef Salad with Dinner Roll                                 | Diced Chicken Caesar Salad with Dinner Roll                       | Egg Chef Salad with Dinner Roll                      | Garden Salad with Dinner Roll                                         | Egg Chef Salad with Dinner Roll                               |
|  | Pimento Cheese Sandwich                                         | BBQ Chicken and Cheese Wrap                                       | Turkey and Cheese Wrap                               | Lunch Pack:<br>Apples, String Cheese, Stackable Flatbread, and Yogurt | Chicken Ham and Cheese Sandwich                               |
|  | Roasted Sweet Potato<br>Broccoli<br>Mixed Fruit<br>Fresh Orange | Tater Tot<br>Celery Sticks<br>Warm Cinnamon Apples<br>Blueberries | Edamame<br>Pea and Carrots<br>Diced Peaches<br>Apple | Corn<br>Red Bell Peppers<br>Diced Pears<br>Banana                     | Spinach Side Salad<br>Baby Carrots<br>Apricot Halves<br>Apple |

### VEGETABLES AND FRUIT

#### AVAILABLE DAILY:

- Milk Varieties: Skim, 1%, Lactose Free
- Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing
- Sunbutter and Jelly Sandwich

Legend:  
Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion



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# October 2026

## ELEMENTARY SCHOOL LUNCH MENU

October 5- October 9

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### MEATLESS MONDAY

|                      | MON                                                                        | TUES                                               | WED                                                    | THURS                                                | FRI                                                                        |
|----------------------|----------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------|
| ENTREE               | Mac and Cheese with Breadstick                                             | Beef Nachos with Toppings and Cilantro Rice        | Popcorn Chicken Potato Bowl with Breadstick            | Turkey Chorizo Empanada                              | Cheese Pizza<br>Pepperoni Pizza                                            |
|                      | Veggie Burger                                                              | Bean Burrito                                       | Veggie Nuggets Potato Bowl with Breadstick             | Veggie Nuggets with Dinner Roll                      | Spicy Popcorn Chicken Po Boy                                               |
|                      | Egg Chef Salad with Dinner Roll                                            | Diced Chicken Ranch Salad with Dinner Roll         | Egg Chef Salad with Dinner Roll                        | Chicken Caesar Salad with Dinner Roll                | Egg Chef Salad with Dinner Roll                                            |
|                      | BBQ Tofu Sub with Cheese and Lettuce/Tomato                                | Breaded Chicken Caesar Wrap                        | Turkey and Pepper Jack Cheese Sandwich                 | Lunch Pack:<br>Pimento Cheese Hummus Tortilla Chips  |                                                                            |
| VEGETABLES AND FRUIT | Seasoned Crinkle Cut Fries<br>Celery Sticks<br>Mixed Fruit<br>Fresh Orange | Refried Beans<br>Esquites<br>Diced Pears<br>Banana | Broccoli<br>Red Bell Peppers<br>Diced Peaches<br>Apple | Green Peas<br>Cucumbers<br>Applesauce<br>Blueberries | Rainbow Mix Veggie Blend<br>Baby Carrots<br>Apricot Halves<br>Fresh Orange |

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October 2026

# ELEMENTARY SCHOOL LUNCH MENU

October 12- October 16

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MAIN  
ENTREE

National School Lunch Week

MON

TUES

WED

THURS

FRI

NO SCHOOL

NO SCHOOL

Buffalo Chicken Wings OR  
Teriyaki Chicken Wings  
with Biscuits

Popcorn Chicken with  
Biscuit

Sloppy Joe Sandwich  
OR  
Vegan BBQ Lentil Sloppy  
Joe Sandwich

Fish Melt

Veggie Nuggets with  
Biscuit

Cheese Pizza  
Pepperoni Pizza

Egg Chef Salad with  
Dinner Roll

Chicken Ham and  
Cheese Salad with  
Dinner Roll

Egg Chef Salad with  
Dinner Roll

Turkey Ham, Turkey,  
and Provolone  
Sandwich

Lunch Pack:  
Pretzel, Yogurt, and  
Cheese Stick

Three Cheese Sub

Baby Carrot  
Celery Sticks  
Warm Cinnamon Peach  
Slices  
Apple

Seasoned Crinkle Cut Fries  
Broccoli  
Applesauce  
Blueberries

Side Salad  
Red Bell Pepper Strips  
Apricot Halves  
Fresh Orange

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aramark  
STUDENT  
NUTRITION

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# October 2026

## ELEMENTARY SCHOOL LUNCH MENU

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October 19- October 23

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### MAIN ENTREE

| MON                                                           | TUES                                               | WED                                                      | THURS                                                        | FRI                                               |
|---------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------|
| Chili Garlic Chicken with Rice                                | Turkey BaBoom Melt                                 | Chicken Nachos with Toppings                             | Waffles with Turkey Sausage Link OR Veggie Sausage           | Chicken Meatball Sub                              |
| Grilled Cheese                                                | Bosco Sticks with marinara sauce                   | Tofu Tacos with Sofrito Rice                             | Baja Salad with Dinner Roll                                  | Cheese Pizza<br>Pepperoni Pizza                   |
| Egg Chef Salad with Dinner Roll                               | Diced Chicken Caesar Salad with Dinner Roll        | Egg Chef Salad with Dinner Roll                          | Lunch Pack: Pretzel, Cheese Stick, and Strawberry Yogurt     | Egg Chef Salad with Dinner Roll                   |
| Chicken Salad Sandwich                                        | Thai Chicken Lettuce Wrap with stackable flatbread | Chicken Ham and Cheese Sandwich                          |                                                              | Turkey and Cheese Sub                             |
| Steamed Edamame<br>Baby Carrot<br>Mixed Fruit<br>Fresh Orange | Coleslaw<br>Broccoli<br>Diced Pear<br>Banana       | Refried Beans<br>Celery Sticks<br>Diced Peaches<br>Apple | Tater Tots<br>Red Bell Pepper Strips<br>Applesauce<br>Banana | Side Salad<br>Cucumber<br>Apricot Halves<br>Apple |

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

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# October 2026

## ELEMENTARY SCHOOL LUNCH MENU

October 26- October 30

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### MAIN ENTREE

|  | MON                                                                                 | TUES                                                                                                 | WED                                                  | THURS                                                                  | FRI       |
|--|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------|-----------|
|  | Fish Bites with Dinner Roll                                                         | Spaghetti with Vegan Crumbles with garlic knot<br>Spaghetti with Italian Meat Sauce with garlic knot | Walking Taco                                         | Teriyaki Popcorn Chicken with Rice                                     | NO SCHOOL |
|  | Tofu Tacos with Toppings and Rice                                                   | Grilled Cheese                                                                                       | Cheese Quesadilla with Sour Cream and Salsa          | Teriyaki Tofu with Rice                                                |           |
|  | Egg Chef Salad with Dinner Roll                                                     | Buffalo Ranch Chicken Salad with Dinner Roll                                                         | Egg Chef Salad with Dinner Roll                      | Chicken Caesar Salad with Dinner Roll                                  |           |
|  | Chicken Ham, Turkey and Cheese Sandwich                                             | Breaded Chicken Caesar Wrap                                                                          | Turkey and Cheese Sub                                | Lunch Pack: Pretzel, String Cheese, and Strawberry Yogurt              |           |
|  | Seasoned Crinkle Cut Fries<br>Red Bell Pepper Strips<br>Mixed Fruit<br>Fresh Orange | Cooked Baby Carrots<br>Broccoli<br>Diced Pears<br>Banana                                             | Zucchini<br>Kickin' Pintos<br>Diced Peaches<br>Apple | Celery Sticks<br>Rainbow Mix Veggie Blend<br>Applesauce<br>Blueberries |           |

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