



September 2026 Lunch Menu

Ingredient availability can alter menu selections.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 NO SCHOOL	September 1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
7 NO SCHOOL	8 NO SCHOOL	9 Whole Wheat Grilled Cheese Tomato Soup Fresh raw veggies	10 Grilled Chicken Brown Rice Pilaf Steamed Green Beans	11 <i>GO BIRDS!</i> Philly Cheese Steak Wraps Fresh raw veggies
14 Chicken & Waffles Sliced fresh fruit	15 Soft Shell Beef Taco w/cheese & salsa Shredded Lettuce Tortilla Chips	16 Curried Chicken with Tomato & Yogurt Turmeric Rice & Lentils Nadu Broccoli Grilled Naan	17 Cheese Ravioli Beef Meatballs & Marinara Steamed Green Beans Garlic Bread	18 <i>National Cheeseburger Day</i> French Fries Sliced fresh fruit Fresh raw veggies
21 Grilled Teriyaki Chicken Fried Rice Veggie egg roll Fresh raw veggies	22 Harissa Braised Beef Stew Basmati Rice Collard Greens	23 Chicken Parmesan Pasta Marinara Sautéed Mixed Veggies	24 French Toast Hashbrown Potato Pork Bacon or Turkey Sausage Sliced fresh fruit	25 Cheese Pizza Fresh raw veggies Sliced fresh fruit
28 Roast Turkey & Gravy Mashed potatoes Sautéed yellow & green squash	29 Soft Shell Chicken Taco w/cheese & salsa Shredded lettuce Tortilla chips	30 Oatmeal with Toppings Scrambled Eggs Zucchini and Banana Bread Turkey Sausage Sliced fresh fruit	October 1 Oven-baked Chicken Tenders Mac & Cheese Steamed Broccoli	2 Bowtie Pasta with Marinara Sauce Steamed Green Beans

DAILY ALTERNATIVES:

Caesar Salad
SunButter Sandwiches
SunButter & Jelly Sandwiches
Cheese Sandwiches
Turkey & Cheese Sandwiches/Wraps
Overnight Oats & Berries
Rotating Protein Packs: Grilled chicken,
hard-boiled eggs, or turkey/cheese roll ups
Handfruit: apples, oranges, & bananas
Applesauce
Buttered noodles, on occasion.

DESSERTS:

Alternate daily: sweet treat, fruit, yogurt, etc.

BEVERAGES:

2% Milk Served Daily
2% Chocolate Milk Served on
Tuesdays & Thursdays



THE Meadowbrook SCHOOL

