

# September 2026



## Monthly Menu

All gravy and all bread contains gluten.  
Each meal has 4-5 CHO.  
Add 2 CHO for bread and milk.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

|                                                                                                |                                                                                               |                                                                                       |                                                                                                      |                                                                                     |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                                | <sup>1</sup> Chicken Alfredo<br>Italian Vegetables<br>Bread Stick<br>Fruit Cup                | <sup>2</sup> Turkey & Cheese<br>Sandwich<br>Coleslaw<br>Fruit Juice                   | <sup>3</sup> Chicken Thighs<br>Mac'n Cheese<br>Green Beans<br>Fruit Juice                            | <sup>4</sup> Cabbage Roll Casserole<br>Mashed Potatoes<br>Garlic Bread<br>Fruit Cup |
| <sup>7</sup> Closed                                                                            | <sup>8</sup> Garlic Parmesan Pork<br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Fruit Cup | <sup>9</sup> Sloppy Joe<br>Hashbrowns<br>Green Beans<br>Fruit Cup                     | <sup>10</sup> Beef Ravioli<br>with Spaghetti Sauce<br>Italian Vegetables<br>Garlic Bread Fruit Juice | <sup>11</sup> Pulled Pork Sandwich<br>Cheesy Hashbrowns<br>Baked Beans<br>Fruit Cup |
| <sup>14</sup> Chicken Kiev<br>Mashed Potatoes & Gravy<br>California Blend Veggies<br>Fruit Cup | <sup>15</sup> French Toast<br>Sausage Link<br>Green Beans<br>Fruit Cup                        | <sup>16</sup> Swedish Meatballs<br>Mashed Potatoes<br>Carrots<br>Fruit Cup            | <sup>17</sup> Chicken Salad<br>on a Croissant<br>Pasta Salad<br>3 Bean Salad Fruit Juice             | <sup>18</sup> Roast Beef<br>Mashed Potatoes & Gravy<br>Corn<br>Fruit Cup            |
| <sup>21</sup> Hamburger on a Bun<br>Calico Beans<br>Fruit Cup                                  | <sup>22</sup> Chicken Pot Pie<br>over Biscuit<br>Winter Mix Vegetables<br>Fruit Cup           | <sup>23</sup> Hot Ham & Cheese<br>On a Bun<br>American Fries<br>Green Beans Fruit Cup | <sup>24</sup> Tuna Salad<br>on a Croissant<br>Macaroni Salad<br>Pea Salad Fruit Juice                | <sup>25</sup> Grilled Chicken Breast<br>Tri-Tator<br>Stewed Tomatoes<br>Fruit Cup   |
| <sup>28</sup> Baked Ziti<br>Winter Blend Vegetables<br>Garlic Bread<br>Fruit Juice             | <sup>29</sup> Meatloaf<br>Mashed Potatoes & Gravy<br>Carrots<br>Fruit Cup                     | <sup>30</sup> Chicken & Broccoli Bake<br>Beets<br>Fruit Juice                         |                                                                                                      |                                                                                     |

Lunch is served weekdays at 11 a.m. to 12:30 p.m. at Main and 11 a.m. to 1 p.m. at East.

*All menu items subject to change.*