

# Menus For August/September 2025

## K-12 Café Menu

This institution is an equal opportunity provider.  
Menus are subject to change.



Monday, August 25

### Breakfast

Cereal bar  
Assorted cereal

### Lunch

Mickey's pizza slice, toppings  
Snack bag  
Carrot sticks with ranch  
Sliced apples

All meals will have a choice  
Of milk and juice,  
Menu subject to change  
All meals served for free

Tuesday, August 26

### Breakfast

Nutri-Grain bar  
Assorted muffins

### Lunch

Chicken quesadilla  
Salsa, sour cream  
Rice and corn  
Fruit filled churro

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Wednesday, August 27

### Breakfast

Pop tart  
Assorted cereal

### Lunch

Cheeseburger on wheat bun  
Baked chips  
Lettuce, tomato, pickles  
School cookie

All meals will have a choice  
Of milk and juice,  
Menu subject to change  
All meals served for free

Thursday, August 28

### Breakfast

Breakfast pizza  
Assorted muffins

### Lunch

Mini corn dogs  
Mac and cheese  
Baked beans  
Applesauce

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Friday, August 29

**HAPPY  
LABOR DAY!**

Long weekend  
begins Friday  
August 29th.

**No School  
Today!**

# YOU'RE *still* GOOD™



**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about Summer's end -  
enjoy the last sweet  
days of the season  
**BERRY much!**

Tuesday, September 2

### Breakfast

Mini waffles  
Assorted cereal

### Lunch

Chicken tenders w/dip  
Mashed potatoes  
Steamed green beans  
Mixed fruit

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Wednesday, September 3

### Breakfast

Cheese omelet  
Assorted muffins

### Lunch

Sloppy Joe sandwich on bun  
Sun chips  
Side salad w/dressing  
Pears

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Thursday, September 4

### Breakfast

Nutri-Grain bar  
Assorted cereal

### Lunch

Pepperoni Stromboli  
Marinara sauce  
Steamed broccoli  
Peaches

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

Friday, September 7

### Breakfast

Muhl muffin breakfast sand.  
Assorted muffins

### Lunch

Chicken patty sandwich  
Sweet potato fries  
Buttered corn  
Ice cream cup

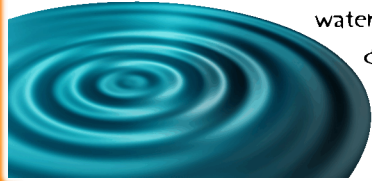
All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

## ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

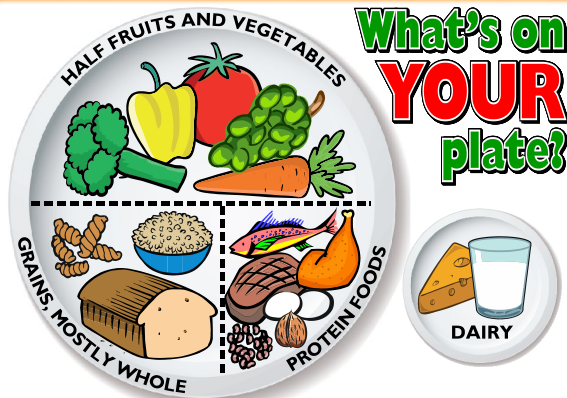
**No paperwork required. Please  
come for Breakfast and Lunch!**

# RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



**What's on  
YOUR  
plate?**

## Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, September 8**

### Breakfast

French toast sticks  
Assorted cereal

### Lunch

Max cheese filled sticks  
Marinara sauce  
Pretzels, peas  
Peaches

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Tuesday, September 9**

### Breakfast

Yogurt, granola bar, fruit  
Assorted muffins

### Lunch

French toast slice with syrup  
Sausage patty  
Hash browns  
Orange smiles

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Wednesday, September 10**

### Breakfast

Cinnamon bun  
Assorted cereal

### Lunch

Ham and cheese pretzel bun  
Doritos  
Tossed salad w/ dressing  
Side kick fruit ice

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Thursday, September 11**

### Breakfast

Breakfast wrap  
Assorted muffins

### Lunch

Orange chicken  
Rice  
Steamed broccoli  
Mandarin oranges

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Friday, September 12**

### Breakfast

Cereal bar  
Assorted cereal

### Lunch

Hot dog on wheat roll  
Mashed potatoes  
Baked beans  
Individual brownie

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Monday, September 15**

### Breakfast

Mini waffles  
Assorted muffins

### Lunch

Grilled BBQ chicken on roll  
French fries  
Steamed peas and carrots  
Pineapple bites

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Tuesday, September 16**

### Breakfast

Ham and cheese slider  
Assorted cereal

### Lunch

Taco Tuesday on soft shells  
Lettuce, tomato, cheese  
Salsa, rice, beans, corn  
Fruit filled churro

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Wednesday, September 17**

### Breakfast

Bagel w/cream cheese  
Assorted muffins

### Lunch

Bosco cheese filled sticks  
Marinara sauce  
Romaine salad w/ croutons  
Fruit snack

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Thursday, September 18**

### Breakfast

Oatmeal and fruit  
Assorted cereal

### Lunch

Grilled cheese sandwich  
Goldfish crackers  
Tomato soup  
Fresh fruit selection

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Friday, September 19**

### Breakfast

Breakfast flat bread  
Assorted muffins

### Lunch

Chef's choice pizza day  
Baked chips  
Tossed salad w/ dressing  
Chef's choice dessert

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Monday, September 23**

### Breakfast

Ultimate breakfast round  
Assorted cereal

### Lunch

Popcorn chicken w/ dip  
Scalloped potatoes  
Buttered corn  
Sliced apples

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Tuesday, September 24**

### Breakfast

Fruit pocket  
Assorted muffins

### Lunch

Assorted cold hoagies  
Sun chips  
Lettuce, tomato, pickles  
Scooby cookies

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Wednesday, September 25**

### Breakfast

Scrambled eggs w/ cheese  
Assorted cereal

### Lunch

BBQ Rib sandwich on roll  
French fries  
Mixed vegetables  
Pears

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Thursday, September 26**

### Breakfast

Banana bread  
Assorted muffins

### Lunch

Beef or chicken empanada  
Salsa and sour cream  
Seasoned rice, steamed peas  
Ice cream sandwich

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free

**Friday, September 26**

### Breakfast

Breakfast pizza  
Assorted cereal

**Act 80 Early Dismissal  
No Lunch Today See  
You Next Week !**

All meals will have a choice  
Of milk and juice  
Menu subject to change  
All meals served for free