



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for whole grain as the first ingredient or the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide nutrients like fiber, iron, B vitamins, potassium, and magnesium
 *This institution is an equal opportunity provider.



MONDAY

WG Chicken Patty 1ea.
 WG Bun 1ea.
 Tater Tots 4 oz
 Green Beans 4 oz
 Fruit/Milk 4 oz, 8Fl oz 31

TUESDAY

Chicken Alfredo w/WG
 Pasta 4 oz, 6 oz
 WG Garlic Bread 1ea.
 Broccoli 4 oz
 Fruit, Milk 4 oz, 8Fl oz

WEDNESDAY

BBQ Meatballs 3 oz
 Steamed Carrots 4 oz
 WG Chip/Dinner Roll 1ea.
 Fruit 4 oz
 Milk 8Fl oz

THURSDAY

WG Italian Dunker 1ea.
 Marinara Sauce 2 oz
 Baby Carrots 4 oz
 w/Ranch 1 oz
 Fruit, Milk 4oz, 8Fl oz

FRIDAY

*Fresh vegetable available Daily.
 *WG = Whole Grain
 1 percent milk provided daily. NO SCHOOL 04

Labor Day

**NO
SCHOOL** 07

WG Corn Dog 1ea.
 French Fries 4 oz
 Baked Beans 4 oz
 Fruit 4 oz
 Milk 8Fl oz

Orange Chicken 4 oz
 Brown Rice 3/4c
 Steamed Broccoli 4 oz
 Fruit 4 oz
 Milk 8Fl oz

*Pulled Pork 3 oz
 WG Bun 1ea.
 Chips 1 oz
 Fruit, Green Beans, Milk 10

WG Beefy Nachos 1ea.
 Refried Beans 4 oz
 Salsa 1 oz
 Fruit 4 oz
 Milk 8Fl oz 11

Beef Hot Dog/WG Bun 1ea.
 Smile Fries 4 oz
 Baked Beans 4 oz
 Fruit 4 oz
 Milk 8Fl oz 12

Pizza Casserole 3/4c
 WG Garlic Bread 1ea.
 California Blend 4 oz
 Fruit 4 oz
 Milk 8Fl oz 15

Chicken Taco 3 oz
 w/Fixings 2 oz, 1 oz
 Refried Beans 4 oz
 Spanish Rice/Fruit 4 oz
 Milk 8Fl oz 15

Meatballs in Gravy 3/4c
 Brown Rice 3/4c
 Corn 4 oz
 Fruit 4 oz
 Milk 8Fl oz 17

Turkey & Cheese on a WG
 Bun 4 oz, 1ea.
 Baby Carrots w/Ranch 4oz
 Chips, Cookie 1 oz, 1oz
 Fruit, Milk 4 oz, 8Fl oz 13

Cheeseburger 1ea.
 WG Bun 1ea.
 Tater Tots 4 oz
 Baked Beans 4 oz
 Fruit, Milk 4 oz, 8Fl oz 11

WG Popcorn Chicken 4 oz
 Mashed Potato w/gravy 4oz
 Corn 4oz
 Fruit 4 oz
 Milk 8Fl oz 12

Walking Taco 2 oz, 1oz
 W/Fixing 2 oz, 1oz
 Refried Beans 4 oz
 Spanish Rice/ Fruit 4oz
 Milk 8Fl oz 13

WG Cheese Pizza 1ea.
 Romain Salad 3/4c
 Green Beans 4 oz
 Fruit 4 oz
 Milk 8Fl oz 14

Mini Corn Dogs 1 ea.
 French Fries 4 oz
 Baby Carrots 4 oz
 Fruit 4 oz
 Milk 8Fl oz 15

WG Chicken Patty 1ea.
 WG Bun 1ea.
 Smile Fries 4 oz
 Fruit 4 oz
 Milk 8Fl oz 18

WG Spaghetti 3/4c
 w/Sauce 4 oz
 WG Garlic Bread 1ea.
 Broccoli 4 oz
 Fruit, Milk 4 oz, 8Fl oz 19

WG Grilled Cheese 1ea.
 Tomato Soup 4 oz
 Steamed Peas 4 oz
 Fruit 4 oz
 Milk 8Fl oz 19



St. John's Lutheran School

SEPTEMBER 2026