

EHS-HS CENTERS

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 English Muffin Hard Boiled Egg Pineapples Tidbits Beef & Bean Quesadilla Corn Salsa Diced Mango WG Tortilla Pumpkin Applesauce Cinnamon Bug Bites	2 Cheesy Grits Diced Strawberries Chicken Fried Rice Vegetables Egg Roll Mandarin Oranges Guacamole Tortilla Chips	3 WG Cold Cereal Fresh Banana Protein Bento Box Apples Slices Ritz Crackers WG Cheez-its Diced Pears	4 French Toast Cinnamon Blueberries Chicken Nuggets Roasted Potato Wedges Smothered Green Beans WG Biscuit Pretzel Bites Cheese Sauce
7  SCHOOL CLOSED	8 WG Bagel w/ Cream Cheese Fresh Banana Chicken Burrito Bowl Diced Mango Raspberry Yogurt Teddy Grahams	9 WG Oatmeal Peaches Turkey & Cheese Melt Creamy Tomato Basil Soup Pineapple Tidbits Mozzarella Stick	10 WG Cold Cereal Fruit Cocktail Scrambled Eggs & Sausage Hash Brown Patty Mixed Berries WG Biscuit Fresh Apple Slices Pretzel Goldfish	11 Buttermilk Pancake Diced Strawberries WG Cheese Pizza Tossed Salad Mandarin Oranges WG Crust Diced Pears Apple Cinnamon Muffin
14 WG Egg & Cheese Stuffed Biscuit Tropical Fruit BBQ Meatballs Mashed Potatoes Smashed Blueberries Dinner Roll Cheese Quesadilla	15 WG Cheese Toast Diced Peaches WG Fish Stick Taco Coleslaw Diced Mango Mixed Fruit Cheez-Its	16 Spiced Oatmeal Diced Pears White Bean Soup Pineapple Tidbits WG Cheesy Breadstick Vegetable Egg Roll	17 WG Cold Cereal Fruit Cocktail Spaghetti & Meat Sauce Italian Green Beans Diced Strawberries Apples Slices WG Goldfish	18 WG Waffles Mixed Berries Chicken Jambalaya Orange Wedges Corn Bread WG Bagel Cheese
21 Scrambled Eggs Hashbrown Rosemary Roast Chicken Mixed Vegetables Diced Pears Brown Rice Mixed Fresh Fruit Enriched Pita	22 Cinnamon Toast Diced Peaches Three Bean Chili Fresh Banana Corn Muffin Apple Slices Goldfish	23 Vanilla Yogurt Diced Strawberries WG Cheeseburger Sweet Potato Puffs Diced Mango English Muffin Spiced Sun Butter	24 WG Cold Cereal Pineapple Tidbits Chicken Alfredo California Blend Orange Wedges Tropical Fruit Pretzels	25 WG Apple Cinn. Muffin Boiled Egg Mixed Berries Turkey Tetrassini Mandarin Oranges Hummus Flat Bread Dipper
28 Breakfast Pizza Diced Peaches Baked Cheesy Tortellini Steamed Broccoli Tropical Fruit WG Cheese Toast	29 English Muffin Hard Boiled Egg Pineapples Tidbits Beef & Bean Quesadilla Corn Salsa Diced Mango WG Tortilla Pumpkin Applesauce Cinnamon Bug Bites	30 Cheesy Grits Diced Strawberries Chicken Fried Rice Vegetables Egg Roll Mandarin Oranges Guacamole Tortilla Chips	Notes: MILK IS SERVED DAILY Children 12 – 23 months- Whole Vitamin D Milk Children over 24 months - 1% Low-fat Milk Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix 100% Juice - Grape, Orange, Apple, Fruit juice THIS IS A PEANUT/PEANUT PRODUCT FREE AND PORK/PORK PRODUCT FREE MENU	