

“My future so bright I’d probably go blind before I blink twice, I ain’t lying” – Kendrick
– Monthly Motivation

September

09/2025

9TH - 12TH GRADE
LUNCH

At lunch, students are offered all five required food components in at least the minimum required amounts. The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component. There will be additional fruit and vegetable options available for all students.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day No School	2 WG Mini Corn Dogs Potato Wedges Corn Cup	3 WG Spaghetti w/Meat Sauce Steamed Broccoli Carrot Sticks w/Ranch Texas Toast	4 Chicken Fajitas WG Tortilla Pinto Beans Pico De Gallo Salsa	5 WG Cheese Calzone Garden Salad Carrot Sticks
8 Beef Burgers Potato Puffs Lettuce and Tomato	9 Chicken Teriyaki WG Brown Rice Steamed Carrot Coins Corn Cup + Goldfish	10 Pull Apart Bread Caesar Salad Marinara Sauce	11 Chicken Tenders Mashed Potatoes Vegetarian Beans	12 Beef Chalupa Broccoli Garden Salad
15 Pupil Free Day	16 Crispy Orange Chicken WG Brown Rice Steamed Broccoli Carrot Sticks + Crispy Noodles	17 Beef Nachos Pinto Beans Salsa	18 Sub Sandwich Potato Puffs Garden Salad	19 Chicken Tamales Jicama Sticks Cucumber Slices
22 Beef Hot Dog Bell Peppers Potato Puffs	23 Beef Dippers WG Brown Rice Edamame Steamed Carrots+ Goldfish	24 Bean and Cheese Pupusa Cortido Salsa	25 Pasta Chicken Alfredo Roasted Zucchini Carrot Sticks w/ Ranch Dinner Roll	26 Beef Taco Stick Jicama Sticks Cucumber Slices
29 Chicken Sandwich Celery Sticks Lettuce and Tomato	30 BBQ Steak Bites (AKA Burnt Ends) Mashed Potatoes Corn Cup + Dinner Roll (2)	1 Chicken Taquitos Jicama Sticks Cucumber Slices	2 WG Spaghetti w/Meat Balls Steamed Broccoli Carrot Sticks w/Ranch Breadsticks	3 Chicken Nuggets Potato Wedges Corn Cobbette

This institution is an equal opportunity provider.