

BTHS #201

SEPTEMBER 2025

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

For Breakfast, we offer additional entrée choices of:

Bagels, Pop Tarts,
Yogurt, Mini Donuts
Whole Grain Cereals and more!

Breakfast includes fruit,
a fruit juice choice or both and milk

Monday, Sept. 1



**HAPPY
★ LABOR ★
DAY!**

**NO SCHOOL
MONDAY,
SEPTEMBER 1**

Tuesday, Sept. 2

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

-Fiestada Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk

Wednesday, Sept. 3

Breakfast

**-French Toast &
Syrup**
Fruit, Juice & Milk

Lunch

**-Sweet & Sour
Meatballs with Rice
& Animal Crackers**
Baked Potato
Mixed Vegetables
Fruit Choices
Cold Milk

Thursday, Sept. 4

Breakfast

**-Ham & Cheese
Bagel**
Fruit, Juice & Milk

Lunch

**-Sausage, Egg &
Cheese Croissant**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, Sept. 5

Breakfast

**-Egg & Cheese Bites
with Toast**
Fruit, Juice & Milk

Lunch

-Pizza Burger on Bun
French Fries
Peas
Fruit Choices
Cold Milk

AVAILABLE DAILY:

Assorted Pizza
Chicken Patties
Hamburgers
Cheeseburgers
Fresh Deli Wraps
Tacos & Nachos
Assorted Salads

Lunch includes a variety of vegetables,
fruits, and fruit juice choices and milk

Monday, Sept. 8

Breakfast

-Cinnamon Rolls
Fruit, Juice & Milk

Lunch

-BBQ Rib on Bun
Mashed Potatoes
Carrots
Fruit Choices
Cold Milk

Tuesday, Sept. 9

Breakfast

-Sausage Biscuit
Fruit, Juice & Milk

Lunch

-Straw Hat
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, Sept. 10

Breakfast

-Pancakes & Syrup
Fruit, Juice & Milk

Lunch

**-Chicken &
Vegetable Teriyaki
Dumplings**
Baked Potato
Corn
Fruit Choices
Cold Milk

Thursday, Sept. 11

Breakfast

**-Bacon, Egg &
Cheese English
Muffin**
Fruit, Juice & Milk

Lunch

**-Chicken Strips with
Waffles**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, Sept. 12

Breakfast

-Biscuit & Gravy
Fruit, Juice & Milk

Lunch

-French Bread Pizza
French Fries
Peas
Fruit Choices
Cold Milk

September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*

Monday, Sept. 15

Breakfast

-Breakfast Pizza
Fruit, Juice & Milk

Lunch

**-BBQ Hamburger
on Bun**
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, Sept. 16

Breakfast

**-Ham & Cheese
Bagel**
Fruit, Juice & Milk

Lunch

**-Chicken Fajita
with Rice
& Apple Churro**
French Fries
Refried Beans
Fruit Choices
Cold Milk

Wednesday, Sept. 17

Breakfast

**-Scrambled Eggs &
Cinnamon Toast**
Fruit, Juice & Milk

Lunch

**-Popcorn Chicken
with Mac & Cheese**
Baked Potato
Carrots
Fruit Choices
Cold Milk

Thursday, Sept. 18

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

**-French Toast with
Sausage & Egg
Patties**
Tator Tots
Corn
Fruit Choices
Cold Milk

Friday, Sept. 19

Breakfast

**-Pancake & Sausage
on a Stick**
Fruit, Juice & Milk

Lunch

**-Cheese Ravioli
with Breadstick**
French Fries
Green Beans
Fruit Choices
Cold Milk



Red blocks Red.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, Sept. 22

Breakfast

**-Egg & Cheese
English Muffin**
Fruit, Juice & Milk

Lunch

-Mini Corn Dogs
Mashed Potatoes
Peas
Fruit Choices
Cold Milk

Tuesday, Sept. 23

Breakfast

-Biscuit with Gravy
Fruit, Juice & Milk

Lunch

-Enchiladas
French Fries
Baked Beans
Fruit Choices
Cold Milk

Wednesday, Sept. 24

Breakfast

-Breakfast Pizza
Fruit, Juice & Milk

Lunch

**-Orange Chicken
with Rice
& Goldfish Crackers**
Baked Potato
Broccoli with Cheese
Fruit Choices
Cold Milk

Thursday, Sept. 25

Breakfast

**-Egg & Cheese Bites
with Toast**
Fruit, Juice & Milk

Lunch

**-Pancakes &
Chicken Patty**
Tator Tots
Carrots
Fruit Choices
Cold Milk

Friday, Sept. 26

Breakfast

**-Sausage & Cheese
Biscuit**
Fruit, Juice & Milk

Lunch

-Meatball Sub
French Fries
Green Beans
Fruit Choices
Cold Milk

Monday, Sept. 29

Breakfast

**-Scrambled Eggs
& Cinnamon Toast**
Fruit, Juice & Milk

Lunch

**-Popcorn Chicken with
Pretzel Bites
and Queso Cheese**
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, Sept. 30

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

-Fiesta Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk

NUTRITION TO GO

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them.

They're also less likely to over-indulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A QUICK BITE FOR PARENTS



Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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