

Menus for SEPTEMBER 2026

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

BTHS 201

Monday, August 31

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. 1

Breakfast
-Breakfast Bagel
Fruit, Juice & Milk

Lunch
-Mexican Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk

Wednesday, Sept. 2

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. 3

Breakfast
-Ham & Cheese
Bagel
Fruit, Juice & Milk

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

Friday, Sept. 4

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

Lunch
-Chicken Parmesan
on Bun
French Fries
Peas
Fruit Choices
Cold Milk

Monday, Sept. 7

Have a Great
Labor Day!



Tuesday, Sept. 8

Breakfast
-Sausage Biscuit
Fruit, Juice & Milk

Lunch
-Straw Hat
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, Sept. 9

Breakfast
-Pancakes & Syrup
Fruit, Juice & Milk

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

Thursday, Sept. 10

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

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

Friday, Sept. 11

Breakfast
-French Toast &
Syrup
Fruit, Juice & Milk

Lunch
-Toasted Ravioli
With Meat Sauce
And Bosco Stick
French Fries
Peas
Fruit Choices
Cold Milk

**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

**For Lunch, we offer additional
entrée choices of:**

Schubert's Brats
Assorted Pizza
Bosco Sticks
Chicken Patties
Hamburgers
Cheeseburgers
Fresh Deli Sandwiches
and Wraps
Tacos & Nachos
Assorted Salads
PB & J Sandwiches

Lunch includes a variety of
vegetables, fruits,
fruit juice and 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. 14

Breakfast

-Breakfast Pizza
Fruit, Juice & Milk

Lunch

**-Salisbury Steak
on Bun**
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, Sept. 15

Breakfast

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

Lunch

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

Wednesday, Sept. 16

Breakfast

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

Lunch

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

Thursday, Sept. 17

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

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

Friday, Sept. 18

Breakfast

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

Lunch

-French Bread Pizza
French Fries
Green Beans
Fruit Choices
Cold Milk

Monday, Sept. 21

Breakfast

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

Lunch

-Pretzel Dog
Mashed Potatoes
Peas
Fruit Choices
Cold Milk

Tuesday, Sept. 22

Breakfast

-Biscuit with Gravy
Fruit, Juice & Milk

Lunch

-Beef Enchiladas
French Fries
Baked Beans
Fruit Choices
Cold Milk

Wednesday, Sept. 23

Breakfast

-Breakfast Pizza
Fruit, Juice & Milk

Lunch

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

Thursday, Sept. 24

Breakfast

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

Lunch

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

Friday, Sept. 25

Breakfast

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

Lunch

-Meatball Sub
French Fries
Green Beans
Fruit Choices
Cold Milk

Monday, Sept. 28

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. 29

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

-Mexican Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk

Wednesday, Sept. 30

Breakfast

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

Lunch

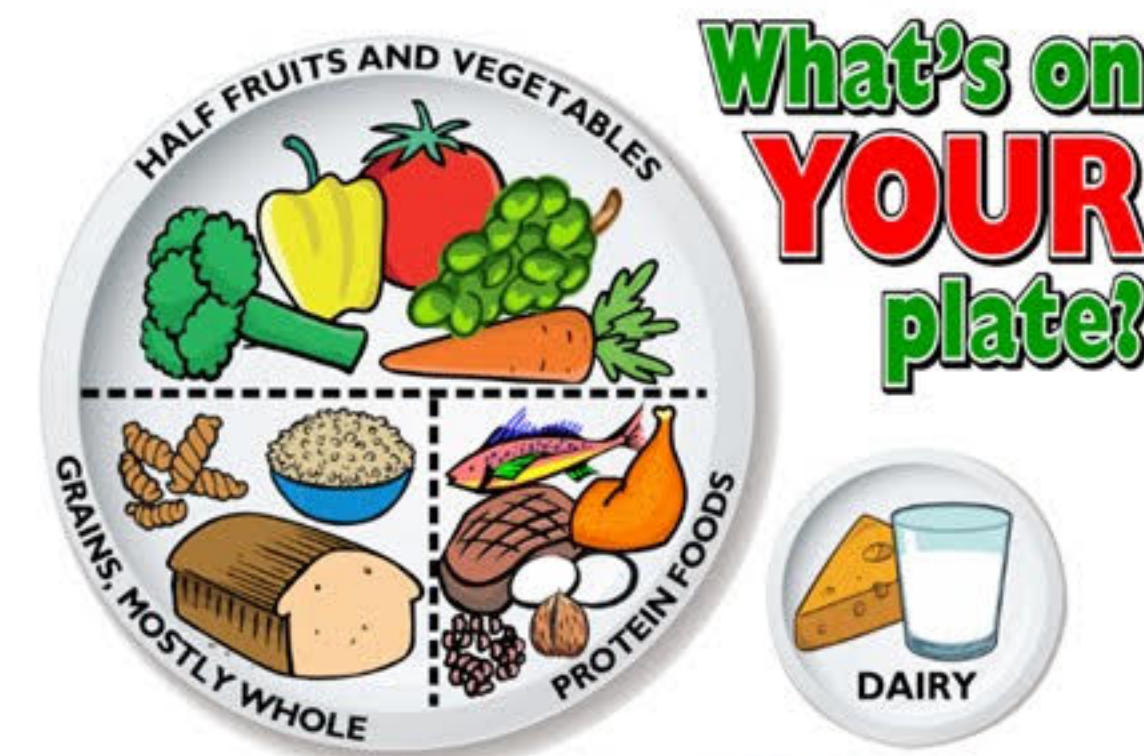
**-Sweet & Sour
Meatballs with Rice
& Animal Crackers**
Baked Potato
Mixed Vegetables
Fruit Choices
Cold Milk

MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



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



**What does
a pickle
start out
as and
how
does
it become
a pickle?**



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

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

