

SEPTEMBER 2026

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu :FIT Academy Grades 8-12 Lunch Menu

Options : Hot ,Cold Meals & Deli Salads

Grade : 9-12 Grades

Meal Pattern :

Week IV	HOT MEAL					
	COLD					
Week V	HOT MEAL	Monday, 9/7/2026	Tuesday, 9/8/2026	Wednesday, 9/9/2026	Thursday, 9/10/2026	Friday, 9/11/2026
	COLD					
Week VI	HOT MEAL	Monday, 9/14/2026	Tuesday, 9/15/2026	Wednesday, 9/16/2026	Thursday, 9/17/2026	Friday, 9/18/2026
	COLD					
Week I	HOT MEAL	Monday, 9/21/2026	Tuesday, 9/22/2026	Wednesday, 9/23/2026	Thursday, 9/24/2026	Friday, 9/25/2026
	COLD					
Week II	HOT MEAL	Monday, 9/28/2026	Tuesday, 9/29/2026	Wednesday, 9/30/2026		
	COLD					
Cold Vegetarian meals are served with vegetables, fruit of the day & milk.						
DELI SALADS	Grilled Chicken Caesar Salad (Veg Option) Caesar Salad w/ Egg	Grilled Asian Chicken Salad (Veg Option) Asian Salad w/ Egg	Grilled Chicken SW Taco Salad (Veg Option) SW Taco Salad w/ Egg	Classic Turkey & Egg Chef Salad (Veg Option) Classic Chef Salad w/ Egg	Quinoa Powerbowl Chicken Salad (Veg Option) Quinoa Powerbowl Salad w/ Egg	
Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk)						
Assorted Fluid Milk / Fluid Milk Substitute Choices offered.					This menu is pork-free.	
This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.						

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)						OCTOBER 2026	
	TASTY	HEALTHY	FUN	VARIETY	BALANCED		
Week II				Thursday, 10/1/2026	Friday, 10/2/2026		
				Pulled Chicken Taco	French Bread		
				Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema	Bistro Salad w/ French Dressing (Romaine, Spinach & Parsley)		
Week III				Seasoned Black Beans	Fresh Orange & Juice Box		
				Fresh Watermelon Chunks, Juice Box & Choice Milk	Choice Milk		
				Deli Turkey & Cheese on WW Bread w/ Mayo	Honey Mustard Chix Pasta & WG Roll		
Week IV	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026		
	Brunch Lunch	Nashville Hot Chicken Tender Wrap	Swicy Glazed Meatballs	Breaded Chicken Drumstick	Mini Cheese Pizza Triangles		
	Buttermilk Pancakes w/ Syrup	WG Tortilla, Shred Cheese, Boom Sauce & Shred Lettuce	Sweet & Spicy Meatballs w/ Steamed Rice	Mashed Potatoes	Chilled Pesto Penne		
Week V	Colby Cheese Omelet	Baked Beans & Celery Sticks	Garden Salad w/ ChowMein & Sesame Dressing	Cucumbers	Eaz-Bite Veggie Medley w/ Ranch (Carrots & Sugar Peas)		
	Baby Carrots & Dip	Fruit Cup	Banana	WG Roll, Fresh Watermelon Chunks, Juice Box & Choice Milk	Fresh Orange, Juice Box & Choice Milk		
	Crisp Apple, Juice Box & Choice Milk	Juice Box & Choice Milk	Juice Box & Choice Milk	Yahoo! Special Chips Day! Hot Cheetos			
Week VI	COLD	Italian Turkey Sandwich on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Egg Salad on WW Bread	
	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026		
	Battered Corn Dog	Twin Faves Day	Zeus Frito Crunch	Mandarin Orange Chicken	Max Cheese Breadsticks		
Week VII	WG Chicken Corn Dog Served with Ketchup	Chicken Nuggets w/ Ketchup	Greek Style Seasoned Beef, Yellow Rice, Fritos, Tzatziki Sauce	Steamed Rice	Seasoned Warm Red Sauce		
	CKC Baked Beans & Crisp Celery	Mac & Cheese WG Roll	Steamed Corn	Carrot Slims, Sliced Cucumbers w/ Dip	Caesar Salad (Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing)		
	Crisp Apple, Juice Box & Choice Milk	Sugar Snap Peas & Carrots	Shred Lettuce	Fresh Watermelon Chunks	Fresh Orange		
Week VIII	Hooray! Special Chips Day! Flamas	Fruit Cup, Juice Box & Choice Milk	Banana, Juice Box & Choice Milk	Juice Box & Choice Milk	Juice Box & Choice Milk		
	COLD	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Chicken Club Hoagie	Turkey & Cheese on Bagel	Green Chicken Wrap	
	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026		
	Big Bite Pop-Chicken & Mashed Potatoes	Cheeseburger	Brunch Lunch	General Tso Chicken	Cheese Quesadilla		
Week IX	Popcorn Chicken w/ Ketchup	Bun, Chz Slice & Ketchup	French Toast Sticks w/ Syrup	Steamed Rice	Sliced Cucumbers		
	Mashed Potatoes	Baked Beans	Baby Carrots w/ Dip	Crisp Broccoli & Carrot Slims w/ Dip	Fresh Orange		
	Celery Sticks w/ Dip & WG Roll	Sugar Snap Peas	Celery Sticks	Fresh Watermelon Chunks	Juice Box & Choice Milk		
Week X	Crisp Apple, Juice Box & Choice Milk	Fruit Cup, Juice Box & Choice Milk	Banana, Juice Box & Choice Milk	Juice Box & Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos		
	COLD	Pesto & Provolone Chicken Bun	Citrus Chicken Bun	Turkey Bun w/ Mayo	Banh Mi Chicken on Flatbread	Egg Salad on WW Bread	
	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026		