

SEPTEMBER 2026				
TASTY	HEALTHY	FUN	VARIETY	BALANCED
Name of the menu : K-8 Grades Allergen Free Lunch Menu			Options : Hot Meals	
Grade : K-8 Grades			Meal Pattern : NSLP	
			Meal : Lunch	
NO DAIRY NO GLUTEN (NO WHEAT) NO EGG NO SOY NO FISH			NO SHELL FISH NO SESAME (SEEDS & OIL) NO PEANUTS NO TREE NUTS NO SUNFLOWER (SEEDS, OIL & BUTTER)	
Week IV HOT MEAL	Tuesday, 9/1/2026		Wednesday, 9/2/2026	
	Chicken Sukkhar		Beef Fried Rice	
	Steamed Rice		Fresh Broccoli	
	Steamed Green Beans		Fruit of the Day	
	Fruit of the Day		Milk Substitute	
Week V HOT MEAL	Tuesday, 9/1/2026		Thursday, 9/3/2026	
	Steamed Rice		Spice Rubbed Chicken Fillet	
	Steamed Green Beans		Baby Carrots	
	Fruit of the Day		Fruit of the Day	
	Milk Substitute		Milk Substitute	
Week VI HOT MEALS	Friday, 9/4/2026		Monday, 9/7/2026	
	Beef Taco Meat Over Rice		Chicken Supreme	
	Serve Seasoned Beef on Brown Rice		Steamed Rice	
	Steamed Black Beans & Corn		Steamed Green Beans	
	Fruit of the Day & Corn Chips		Fruit of the Day	
Week I HOT MEALS	Friday, 9/4/2026		Tuesday, 9/8/2026	
	Milk Substitute		Beef Nachos	
			Taco Beef & Golden Corn Chips	
			Black Bean & Corn	
			Fruit of the Day	
Week II HOT MEALS	Tuesday, 9/8/2026		Wednesday, 9/9/2026	
	Chicken Fried Rice		Marinated Grilled Chicken Fillet	
	Steamed Broccoli		Brown Rice	
	Fruit of the Day		Fresh Baby Carrots	
	Milk Substitute		Fruit of the Day	
Week III HOT MEALS	Wednesday, 9/9/2026		Thursday, 9/10/2026	
	Beef & Broccoli		Chicken Pilaf	
	Brown Rice		Crisp Broccoli	
	Steamed Corn		Fruit of the Day	
	Fruit of the Day		Milk Substitute	
Week IV HOT MEALS	Thursday, 9/10/2026		Friday, 9/11/2026	
	Chicken Fajita w/Rice		Beef & Potatoes	
	Seasoned Chicken & Peppers		Steamed Rice	
	Served w/ Brown Rice		Steamed Peas	
	Black Beans		Fruit of the Day	
Week V HOT MEALS	Friday, 9/11/2026		Monday, 9/14/2026	
	Milk Substitute		Chicken Fried Rice	
			Steamed Broccoli	
			Fruit of the Day	
			Milk Substitute	
Week VI HOT MEALS	Monday, 9/14/2026		Tuesday, 9/15/2026	
	Chicken & Potatoes		Beef & Broccoli	
	Steamed Rice		Brown Rice	
	Fresh Carrot Slims		Steamed Corn	
	Fruit of the Day		Fruit of the Day	
Week I HOT MEALS	Tuesday, 9/15/2026		Wednesday, 9/16/2026	
	Yummy Beef & Scallion		Chicken Sukkhar	
	Golden Corn Chips		Steamed Rice	
	Black Bean & Fresh Carrots		Steamed Green Beans	
	Fruit of the Day		Fruit of the Day	
Week II HOT MEALS	Wednesday, 9/16/2026		Thursday, 9/17/2026	
	Milk Substitute		Beef Meatballs	
			Brown Rice	
			Steamed Carrots & Peas	
			Fruit of the Day	
Week III HOT MEALS	Thursday, 9/17/2026		Friday, 9/18/2026	
	Beef Taco Meat Over Rice		Chicken & Potatoes	
	Serve Seasoned Beef on Brown Rice		Steamed Rice	
	Steamed Black Beans & Corn		Fresh Carrot Slims	
	Fruit of the Day & Corn Chips		Fruit of the Day	
Week IV HOT MEALS	Friday, 9/18/2026		Monday, 9/21/2026	
	Milk Substitute		Yummy Beef & Scallion	
			Golden Corn Chips	
			Black Bean & Fresh Carrots	
			Fruit of the Day	
Week V HOT MEALS	Monday, 9/21/2026		Tuesday, 9/22/2026	
	Beef Taco Meat Over Rice		Chicken Sukkhar	
	Serve Seasoned Beef on Brown Rice		Steamed Rice	
	Steamed Black Beans & Corn		Steamed Green Beans	
	Fruit of the Day & Corn Chips		Fruit of the Day	
Week VI HOT MEALS	Tuesday, 9/22/2026		Wednesday, 9/23/2026	
	Beef Taco Meat Over Rice		Beef Fried Rice	
	Serve Seasoned Beef on Brown Rice		Fresh Broccoli	
	Steamed Black Beans & Corn		Fruit of the Day	
	Fruit of the Day & Corn Chips		Milk Substitute	
Week I HOT MEALS	Wednesday, 9/23/2026		Thursday, 9/24/2026	
	Beef Taco Meat Over Rice		Spice Rubbed Chicken Fillet	
	Serve Seasoned Beef on Brown Rice		Steamed Rice	
	Steamed Black Beans & Corn		Baby Carrots	
	Fruit of the Day & Corn Chips		Fruit of the Day	
Week II HOT MEALS	Thursday, 9/24/2026		Friday, 9/25/2026	
	Beef Taco Meat Over Rice		Beef Taco Meat Over Rice	
	Serve Seasoned Beef on Brown Rice		Serve Seasoned Beef on Brown Rice	
	Steamed Black Beans & Corn		Steamed Black Beans & Corn	
	Fruit of the Day & Corn Chips		Fruit of the Day & Corn Chips	
Week III HOT MEALS	Friday, 9/25/2026		Monday, 9/28/2026	
	Milk Substitute		Chicken Supreme	
			Steamed Rice	
			Steamed Green Beans	
			Fruit of the Day	
Week IV HOT MEALS	Monday, 9/28/2026		Tuesday, 9/29/2026	
	Chicken Supreme		Beef Nachos	
	Steamed Rice		Taco Beef & Golden Corn Chips	
	Steamed Green Beans		Black Bean & Corn	
	Fruit of the Day		Fruit of the Day	
Week V HOT MEALS	Tuesday, 9/29/2026		Wednesday, 9/30/2026	
	Beef Nachos		Marinated Grilled Chicken Fillet	
	Taco Beef & Golden Corn Chips		Brown Rice	
	Black Bean & Corn		Fresh Baby Carrots	
	Fruit of the Day		Fruit of the Day	
Week VI HOT MEALS	Wednesday, 9/30/2026			
	Marinated Grilled Chicken Fillet			
	Brown Rice			
	Fresh Baby Carrots			
	Fruit of the Day			

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.

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 HOT MEAL						Thursday, 10/1/2026		Friday, 10/2/2026			
						Chicken Pilaf		Beef & Potatoes			
						Crisp Broccoli		Steamed Rice			
						Fruit of the Day		Steamed Peas			
						Milk Substitute		Fruit of the Day			
						Milk Substitute					
Week III HOT MEAL	Monday, 10/5/2026		Tuesday, 10/6/2026		Wednesday, 10/7/2026		Thursday, 10/8/2026		Friday, 10/9/2026		
	Chicken Fried Rice		Beef & Broccoli		Chicken Fajita w/Rice		Beef Meatballs		Chicken & Potatoes		
	Steamed Broccoli		Brown Rice		Seasoned Chicken & Peppers		Brown Rice		Steamed Rice		
	Fruit of the Day		Steamed Corn		Served w/ Brown Rice		Steamed Carrots & Peas		Fresh Carrot Slims		
	Milk Substitute		Fruit of the Day		Black Beans		Fruit of the Day		Fruit of the Day		
			Milk Substitute		Fruit of the Day & Milk Substitute		Corn Chips & Milk Substitute		Milk Substitute		
Week IV HOT MEAL	Monday, 10/12/2026										
	Yummy Beef & Scallion										
	Golden Corn Chips										
	Black Bean & Fresh Carrots										
	Fruit of the Day										
		Milk Substitute									