

SEPTEMBER 2026

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu : FIT Academy Grades K-7 Lunch Menu

Options : Hot, Cold Meals & Deli Salads

Grade : K-8 Grades

Meal Pattern : NSLP

Week IV	HOT MEAL					
	COLD					
Week V	HOT MEAL	Monday, 9/7/2026	Tuesday, 9/8/2026 Cheeseburger Bun, Chz Slice & Ketchup Baked Beans Sugar Snap Peas Fruit Cup & Choice Milk	Wednesday, 9/9/2026 Brunch Lunch French Toast Sticks w/ Syrup Baby Carrots w/ Dip Banana Choice Milk	Thursday, 9/10/2026 Sweet & Sour Chicken Steamed Rice Crisp Broccoli w/ Dip Fresh Watermelon Chunks Choice Milk	Friday, 9/11/2026 Cheese Quesadilla Sliced Cucumbers & Dip Fresh Orange Wedges Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	COLD		Citrus Chicken Bun	Turkey Bun w/ Mayo	Banh Mi Chicken on Flatbread	Egg Salad on WW Bread
Week VI	HOT MEAL	Monday, 9/14/2026 Chicken Patty Sandwich WG Bun & Ketchup Baby Carrots Sugar Snap Peas Crisp Apple Wedges & Choice Milk	Tuesday, 9/15/2026 All Beef Hot Dog Served with Ketchup Steamed Corn Fruit Cup & Choice Milk Yahoo! Special Treat Day! Confetti Cookie	Wednesday, 9/16/2026 Premium Chicken Nuggets Ketchup Tater Tots w/ Ketchup Sliced Cucumbers WG Roll, Banana & Choice Milk	Thursday, 9/17/2026 Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Fresh Watermelon Chunks & Choice Milk	Friday, 9/18/2026 Cheesy Lasagna Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Orange Wedges Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Honey Mustard Chix Pasta
Week I	HOT MEAL	Monday, 9/21/2026 Chicken Tenders w/ Mix & Match Sauce Ketchup, Fry-Yay Sauce Baked Beans & Crisp Celery Wg Roll, Crisp Apple Wedges & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Tuesday, 9/22/2026 Waffles & Turkey Sausage Maple Waffles w/ Syrup Turkey Sausage Patty Baby Carrots Fruit Cup & Choice Milk	Wednesday, 9/23/2026 Hot Italian Beef Meatball Sub Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Potato Wedges Sliced Cucumbers Banana & Choice Milk	Thursday, 9/24/2026 Mandarin Orange Chicken & Noodles Orange Chicken on Mongolian Noodles Crisp Broccoli & Dip Fresh Watermelon Chunks Choice Milk	Friday, 9/25/2026 Pizza Crunchers w/ Italian Dip Mixed Salad & Dressing (Romaine, Corn, Shred Carrots & Dressing) Fresh Orange Wedges Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Italian Turkey Sandwich on WW Bread w/ Mayo	Egg Salad on WW Bread	Turkey & Cheese on Bagel w/ Mayo	Green Chicken Wrap
Week II	HOT MEAL	Monday, 9/28/2026 PopMax Chicken & Creamy Cheesy Hashbrowns Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Celery Sticks WG Roll, Crisp Apple Wedges & Choice Milk	Tuesday, 9/29/2026 Classic Hamburger WG Bun , Pickles & Ketchup Potato Smiles Carrot Slims Fruit Cup & Choice Milk	Wednesday, 9/30/2026 Creamy Mac & Cheese Sliced Cucumbers, Baby Carrots & Dip Banana Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		
	COLD	Seasoned Chicken Bun	Turkey Bun w/ Mayo	Honey Mustard Chicken Sandwich		
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 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.					This menu is pork-free.	

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 Wedges		
				Fresh Watermelon Chunks & Choice Milk	Choice Milk		
				Deli Turkey & Cheese on WW Bread w/ Mayo	Honey Mustard Chix Pasta		
Week IV	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026		
	Brunch Lunch	Crispy Chicken Tenders	Glazed Beef Meatballs	Roasted Chicken Drumstick	Mini Cheese Pizza Triangles		
	Buttermilk Pancakes w/ Syrup	Ketchup	Steamed Rice	Mashed Potatoes	Eaz-Bite Veggie Medley w/ Ranch		
Week V	Colby Cheese Omelet	WG Roll	Garden Salad w/ ChowMein & Sesame Dressing	Cucumbers	(Carrots & Sugar Peas)		
	Baby Carrots & Dip	Baked Beans & Celery Sticks	Banana	Fresh Watermelon Chunks & Choice Milk	Fresh Orange Wedges		
	Crisp Apple Wedges & Choice Milk	Fruit Cup & Choice Milk	Choice Milk	Yahoo! Special Chips Day! Baked Cheetos	Choice Milk		
Week VI	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		
Week VII	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		
	WG Chicken Corn Dog served with Ketchup	Chicken Nuggets w/ Ketchup	Greek Style Seasoned Beef, Fritos, Tzatziki Sauce	Steamed Rice	Seasoned Warm Red Sauce		
Week VIII	Baked Beans	Mac & Cheese	Steamed Corn	Sliced Cucumbers, Baby Carrots & Dip	Caesar Salad		
	Crisp Celery, Crisp Apple Wedges & Choice Milk	Baby Carrots & Sugar Snap Peas	Shred Lettuce	Fresh Watermelon Chunks	(Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing)		
	Hooray! Special Chips Day! Cool Ranch Doritos	Fruit Cup & Choice Milk	Banana & Choice Milk	Choice Milk	Fresh Orange Wedges & Choice Milk		
Week IX	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Chicken Club Hoagie	Turkey & Cheese on Bagel w/ Mayo	Green Chicken Wrap		
Week X	Monday, 9/7/2026	Tuesday, 9/8/2026	Wednesday, 9/9/2026	Thursday, 9/10/2026	Friday, 9/11/2026		
	Big Bite Pop-Chicken & Mashed Potatoes	Cheeseburger	Brunch Lunch	Sweet & Sour Chicken	Cheese Quesadilla		
	Popcorn Chicken w/ Ketchup	Bun, Chz Slice & Ketchup	French Toast Sticks w/ Syrup	Steamed Rice	Sliced Cucumbers & Dip		
Week XI	Mashed Potatoes	Baked Beans	Baby Carrots w/ Dip	Crisp Broccoli w/ Dip	Fresh Orange Wedges		
	Celery Sticks w/ Dip & WG Roll	Sugar Snap Peas	Banana	Fresh Watermelon Chunks	Choice Milk		
	Crisp Apple Wedges & Choice Milk	Fruit Cup & Choice Milk	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos		
Week XII	Pesto & Provolone Chicken Bun	Citrus Chicken Bun	Turkey Bun w/ Mayo	Banh Mi Chicken on Flatbread	Egg Salad on WW Bread		