



K-12 Menu • Nourish Food Service

SEPTEMBER 2026 • Hispanic Heritage Month Begins Sept 15 • 5 Weeks • 24 Service Days • Pork-Free & Nut-Free

SEPTEMBER • WEEK 4

Monday, September 21 – Friday, September 25, 2026

Hispanic Heritage Month Feature

DAY	BREAKFAST	CHEF'S FEATURE	VEGETARIAN / GRAB & GROW	SNACK
MONDAY September 21, 2026 Italian Fare	BREAKFAST Egg & Cheese Biscuit Apple Slices · milk Contains: milk, wheat	CHEF'S FEATURE Baked Ziti w/ Hearty Meat Sauce Served with: Soft Roll · Steamed Broccoli · Fresh Orange Slices Contains: milk, wheat	VEGETARIAN Baked Cheese Ziti Contains: wheat GRAB & GROW Turkey Italian Sub Turkey, provolone & Italian dressing on sub roll Contains: milk	SNACK Ritz Crackers Diced Peaches Contains: milk
TUESDAY September 22, 2026 Taco Tuesday	BREAKFAST Waffle w/ Syrup and Turkey Sausage Mixed Fruit Cup · milk Contains: milk, eggs, wheat	CHEF'S FEATURE Beef Street Taco (2) Served with: Pinto Beans · Mexican Corn · Fresh Orange Slices	VEGETARIAN Black Bean Taco Contains: soybeans GRAB & GROW Turkey & Cheese Wrap sliced turkey, American cheese, and lettuce on a flour tortilla	SNACK Graham Crackers Diced Pineapple Contains: milk
WEDNESDAY September 23, 2026 American Classics	BREAKFAST French Toast Sticks w/ Maple Syrup Fresh Cantaloupe & Milk Contains: milk, eggs	CHEF'S FEATURE BBQ Pulled Chicken Sandwich Served with: Roasted Potato Wedges · Caesar Salad · Fresh Banana Contains: milk, wheat	VEGETARIAN BBQ Tofu Sandwich Contains: wheat GRAB & GROW Turkey Bacon BLT Turkey bacon, crisp lettuce & vine tomato on toasted whole wheat Contains: wheat	SNACK Pretzels Applesauce
THURSDAY September 24, 2026 World Cuisine	BREAKFAST Blueberry Muffin & Yogurt Cup Diced Peaches Contains: milk	CHEF'S FEATURE Chicken Fried Rice Served with: Fortune Cookie · Mixed Vegetables · Fresh Pineapple	VEGETARIAN Vegetable Fried Rice GRAB & GROW Roast Beef Sandwich Roast Beef, provolone, and garlic aioli on a sub roll	SNACK Animal Crackers Orange Slices
FRIDAY September 25, 2026 Kids Favorites	BREAKFAST Granola Bar & Yogurt Tube Fresh banana · Low-fat milk	CHEF'S FEATURE Cheezy Beef Macaroni Served with: Green Beans · Soft Roll · Fresh Honeydew	VEGETARIAN Cheezy Macaroni GRAB & GROW Southwest Turkey Wrap Turkey, black beans, corn, & chipotle mayo on a flour tortilla	SNACK Mozzarella Cheese Stick Mixed Fruit Cup

All menus are 100% pork-free and nut-free • Vegetarian alternatives available daily • Milk & 100% juice served with every meal • Menu subject to product availability

Allergen key (FDA Big 9): milk · eggs · fish · shellfish · tree nuts · peanuts · wheat · soybeans · sesame. "Contains" lines reflect tagged ingredients; ask your site manager about specific product labels.