



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Labor Day
1 percent milk provided daily.
*WG = Whole Grain

TUESDAY

WG Corn Dog 1 Ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit 4 oz
Milk 8 FL

WEDNESDAY

WG Chicken Nuggets 4 oz
Mashed Potato/gravy 4 oz
WG Dinner Roll 1 Ea.
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 FL

THURSDAY

BBQ Meatballs 4 oz
Steamed Carrots 4 oz
WG Dinner Roll 1 Ea.
Fruit 4 oz
Milk 8 FL

FRIDAY

WG Beefy Nachos 1 Ea.
Refried Beans 4 oz
Salsa 1 oz
Fruit 4 oz
Milk 8 FL

Cheeseburger on a 4 oz
WG Bun 1 Ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Orange Chicken 4 oz
Brown Rice 3/4 c
California Blend 4 oz
Fruit 4 oz
Milk 8 FL

WG Grilled Cheese 1 Ea.
Tomato Soup 4 oz
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

WG French Toast 4 Ea.
*Pork Sausage 1 Ea.
Hashbrown 1 Ea.
Fruit 4 oz
Milk 8 FL

WG Italian Dunkers 1 Ea.
Marinara Sauce 2 oz
Baby Carrots 4 oz
w/Ranch 1 oz
Fruit, Milk 4 oz, 8 FL

Beef Hot Dog on a 1 Ea.
WG Bun 1 Ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

Chicken Alfredo w/WG
Pasta 4 oz, 6 oz
WG Breadstick 1 Ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Walking Taco 1 Ea.
W/Fixings 1 oz, 1 oz
Black Beans 4 oz
Fruit 4 oz
Milk 8 FL

WG Cheese Pizza 1 Ea.
Romain Salad 3/4c
w/Ranch 2 oz
Fruit 4 oz
Milk 8 FL

Turkey & Cheese on a WG
Bun 4 oz, 1 Ea.
Baby Carrots w/Ranch 4 oz
Chips, Cookie 1 oz, 1 oz
Fruit, Milk 4 oz, 8 FL

WG Chicken Patty on a WG
Bun 1 Ea. 1 Ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Spaghetti 6 oz
w/Sauce 4 oz
WG Breadstick 1 Ea.
Steamed Broccoli 4 Oz
Fruit, Milk 4 oz, 8 FL

Chicken Taco's 3 oz, 1 ea.
w/Fixings 1 oz, 1 oz
Black Beans 4 oz
Fruit 4 oz
Milk 8 FL

WG Mac & Cheese 8 oz
WG Breadstick 1 Ea.
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

Mini Corn Dogs 1 Ea.
French Fries 4 oz
Baby Carrots 4 oz
Fruit 4 oz
Milk 8 FL

Cheeseburger on a 1 Ea.
WG Bun 1 Ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Popcorn Chicken 4 oz
French Fries 4 oz
Steamed Corn 4 oz
Fruit 4 oz
Milk 8 FL



***Fresh Vegetable Available Daily**



St. John's Lutheran School

*This institution is an equal opportunity provider.

SEPTEMBER 2025