



BACK to SCHOOL MENU 2026

August 17, 2026 - October 9, 2026



BS"D

WEEK 1

Monday

Egg Salad-ious

Egg Salad
French Bread
Baby Spinach Salad
w/raspberry vinaigrette
Berries

Tuesday

*Hummus is Where
the Heart Is*

Hummus
String Cheese
Flatbread
Olives
Cucumbers

Wednesday

That's Our Jam Sammies

Sunflower Butter
& Jelly
Sandwiches
Green Apples
Carrot Sticks

Thursday

Let's Have a Picnic

Tofurky Slices
Macaroni Salad
Watermelon
Orange Slices

Friday

Bagels & Shmear

Bagels
Cream Cheese
Stone Fruit
Celery

WEEK 2

Monday

Fajita Bowl

Black Beans
Cilantro Rice
Corn
Roasted Bell
Peppers
Green Salsa

Tuesday

Green Eggs & Tots

Egg & Broccoli
Bake
Smashed
Potatoes
w/ketchup
Melon

Wednesday

Tunawich

Tuna on
Sourdough Bread
Sweet Potatoes
Sliced Tomatoes
Pickles

Thursday

*Orange You Glad it's
Nuggets*

Chicken-less Nuggets
w/mandarin sauce
Brown & Millet
Ramen Noodles
Green Beans
Pineapple

Friday

Cheesy-dillas

Quesadillas
Pinto Beans
Guacamole
Salsa

ALL lunches include:

- 1 Protein
- 1 Grain
- 2 Fruits/Vegetables



Each Snack consists of one whole grain

- Whole Grain Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels or Pretzel Thins
- Veggie Straws and/or Apple Straws
- Corn Tortilla Chips

.....each snack consists of one fruit

- apples, oranges, bananas, pears, etc.
- unsweetened applesauce
- raisins or raisins

****If your child is allergic
to any of the items on
our menu, please tell
your child's teacher
right away!***