



SEPTEMBER 2026

Allen Grade School

21 Days

Meals served with milk and juice

Monday

Tuesday

Wednesday

Thursday

Friday

1

Cereal
Yogurt
Pears

2

Cinnamon Roll
Cheese Cubes
Peaches

3

Waffle
Syrup
Pears

4

Breakfast Pizza
Fruit Cup

7

NO SCHOOL

8

Cereal
Yogurt
Mixed Fruit

9

Cinnamon Frudel
Cheese Cubes
Pineapple

10

French Toast
Syrup
Applesauce

11

Egg Patty
Sliced Ham
Applesauce

14

Cocoa Puff Bar or Nutri-Grain
Bar
String Cheese
Mixed Fruit

15

Cereal
Yogurt
Pears

16

Cinnamon Roll
Cheese Cubes
Peaches

17

French Toast
Syrup
Strawberry Cup

18

Breakfast Pizza
Mandarin Oranges

21

Poptart or Cinnamon Toast
Crunch Bar
String Cheese
Fruit Cup

22

Cereal
Yogurt
Pears

23

Cinnamon Frudel
Cheese Cubes
Fruit Cup

24

French Toast
Syrup
Peaches

25

Egg Patty
Sliced Ham
Applesauce

28

Cocoa Puff Bar or Nutri-Grain
Bar
String Cheese
Mixed Fruit

29

Cereal
String Cheese
Peaches

30

Cinnamon Roll
Cheese Cubes
Mixed Fruit

Children and adolescents need aerobic activity, which is anything that makes their hearts beat faster. They also need bone-strengthening activities such as running or jumping and muscle-strengthening activities such as climbing or push-ups. Many physical activities fall under more than one type of activity. This makes it possible for your child to do two or even three types of physical activity in one day! ([cdc.gov](https://www.cdc.gov))



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Monday

Tuesday

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Thursday

Friday

NO SCHOOL

Chicken & Gravy over
Mashed Potatoes
Peas
Peach Crisp

Toasted Cheese Ravs
Marinara
Broccoli
Pears

Spaghetti w/Meat Sauce
Green Beans
Salad
Baked Apples

Hot Ham & Cheese on Bun
Chips & Salsa
Carrot Sticks
Mixed Fruit

Grilled Chicken Breast
Mashed Potatoes w/Gravy
Corn
Pineapple

Breadsticks
Marinara
Baked Beans
Apple Crisp

BBQ on Bun
Sweet Potato Fries
Green Beans
Applesauce

Cheese Pizza
Salad
Carrots
Mixed Fruit

Pulled Pork on Bun
French Fries
Green Beans
Rosey Pears

Chicken Strips
Mashed Potatoes w/Gravy
Peas
Peaches

Mini Corn Dogs
Tater Tots
Baked Beans
Strawberry Cup

Beef & Noodles
Peas & Carrots
Salad
Mandarin Oranges

11:30a Dismissal
PB & J
Chips & Salsa
Carrot Sticks
Fruit Cup

Breaded Chicken Patty
on Bun
Chips & Salsa
Broccoli
Pears

Sliced Ham
Au gratin Potatoes
Green Bean Casserole
Baked Apples

Hot Turkey & Cheese on Bun
Tri-Tater
Baked Beans
Peaches

Chicken Tacos
Salad
Corn
Applesauce

Sausage Pizza
Salad
Carrots
Mixed Fruit

Hamburger on Bun
French Fries
Baked Beans
Peaches

Chicken Strips
Alfredo Pasta
Broccoli
Mixed Fruit

Hot Dog on Bun
Tater Tots
Green Beans
Mandarin Oranges