

Monday

No School

Tuesday

Cereal
Yogurt
Mixed Fruit

Wednesday

Cherry Frudel
String Cheese
Peaches

Thursday

Pancakes
Syrup
Pears

Friday

Biscuit and Gravy
Mixed Fruit

Poptart
String Cheese
Mandarin Oranges

Cereal
Yogurt
Pears

Cinnamon Frudel
String Cheese
Baked Apples

Pancakes
Syrup
Peaches

Biscuit and Gravy
Mandarin Oranges

Nutri-Grain Bar
String Cheese
Mixed Fruit

Cereal
Yogurt
Pears

Cherry Frudel
String Cheese
Peach

Pancake
Syrup
Fruit Cup

Biscuit and Gravy
Fruit Cup

Poptart
String Cheese
Pineapple

Cereal
Yogurt
Mixed Fruit

Cinnamon Frudel
String Cheese
Fruit Cup

Pancake
Syrup
Peaches

Biscuit and Gravy
Applesauce

Nutri-Grain Bar
String Cheese
Pears

Cereal
Yogurt
Peaches

"An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life." (American Heart Association)



SEPTEMBER 2025

LJSH

21 days
Milk served with meal

Monday

No School

Pork Tenderloin on Bun
Fries
Broccoli
Pears

Chicken Patty on Bun
Sweet Potato Fries
Green Beans
Pears

Toasted Ravs
Breaded Cheese Stick
Marinara
Broccoli & Cauliflower
Mixed Fruit

Hamburger on Bun
Fries
California Blend w/Cheese
Peaches

Tuesday

Chicken and Gravy
Over Biscuit
Peas
Peaches

Fish Sticks
Cheesy Hashbrown
Casserole
Green Beans
Baked Apples

Hot Pork Tenderloin
on Bread with Gravy
Mashed Potatoes
Corn
Peaches

Grilled Chicken Patty
Mashed Potatoes with
Gravy
Green Bean Cass.
Apple Crisp

Pork & Gravy over
Mashed Potatoes
Peas
Apple Crisp

Wednesday

Pulled Pork on Bun
Sweet Potato Fries
Baked Beans
Pears

BBQ on Bun
Tri-Tater
Baked Beans
Peaches

11:30 Dismissal
PB & J
Chips and Salsa
Raw Veggies
Fruit Cup

Hot Ham & Cheese
On Bun
Tri-Tater
Baked Beans
Peaches

Thursday

BBQ Meatballs
Au gratin Potatoes
Green Beans
Mixed Fruit

Cheese Quesadilla
With Salsa
Spanish Rice
Salad
Mandarin Oranges

Cookout
Hamburger or Hot Dog
Chips and Salsa
Fruit Slushy
Fruit Cup

Chicken Tacos
Corn
Applesauce

Friday

Cheese Quesadilla
With Salsa
Spanish Rice
Salad
Mandarin Oranges

Cheese Pizza
Carrots
Salad
Mixed Fruit
Cookie

Sweet & Sour Popcorn
Chicken over Rice
Egg Roll
Broccoli
Pineapple

Cheese Pizza
Carrots
Salad
Pears

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!