BREAKFAST

SEPTEMBER 2026

LJSH

21 Days

Meals served with milk and juice

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Yogurt Pears	2 Cinnamon Frudel Cheese Cubes Peaches	3 Pancake & Sausage Sandwich Mixed Fruit	4 Biscuit & Gravy Fruit Cup
7 NO SCHOOL	8 Cereal Yogurt Fruit Cup	9 Cinnamon Roll Cheese Cubes Applesauce	10 Pancake & Sausage Sandwich Peaches	11 Cheese Omelet Tri-Tater Mandarin Oranges
14 Nutri-Grain Bar String Cheese Mixed Fruit	15 Cereal Yogurt Pears	16 Cinnamon Frudel Cheese Cubes Fruit Cup	17 Pancake & Sausage Sandwich Mandarin Oranges	18 Biscuit & Gravy Mixed Fruit
21 Poptart String Cheese Fruit Cup	22 Cereal Yogurt Peaches	23 Cinnamon Roll Cheese Cubes Pineapple	24 Pancake & Sausage Sandwich Pears	25 Cheese Omelet Tri-Tater Applesauce
28 Cinnamon Toast Crunch Bar String Cheese Mixed Fruit	29 Cereal Yogurt Applesauce	30 Cinnamon Frudel Cheese Cubes Peaches		

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)

LUNCH

SEPTEMBER 2026

LJSH

21 Days

Meals served with milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken & Gravy over Biscuit Mashed Potatoes Peas Peaches	2 Hot Ham & Cheese on Bun Chips & Salsa Carrots Sticks Mixed Fruit	3 Spaghetti w/Meat Sauce Green Beans Salad Baked Apples	4 Toasted Cheese Ravs Breaded Cheese Stick Marinara Broccoli Pears
7 NO SCHOOL	8 Pork Tenderloin on Bun French Fries Cauliflower Applesauce	9 Salisbury Steak Mashed Potatoes w/gravy Corn Peaches	10 Chicken Enchiladas Salad Green Beans Mandarin Oranges	11 Cheese Pizza Salad Carrots Mixed Fruit
14 Pulled Pork on Bun Chips & Salsa Baked Beans Pears	15 Chicken Strips Mashed Potatoes w/Gravy Peas Peach Crisp	16 Corn Dog Tri-Tater Broccoli w/Cheese Mandarin Oranges	17 Beef & Noodles Peas & Carrots Salad Mixed Fruit	18 **11:30a Dismissal** Sub Sandwich Chips & Salsa Slushy Cup Fruit Cup
21 Chicken Patty on Bun Chips & Salsa Broccoli Peaches	22 Sliced Ham Au gratin Potatoes Green Bean Casserole Pineapple	23 BBQ on Bun Sweet Potato Fries Baked Beans Pears	24 Chicken Tacos Corn Applesauce	25 Cheese Pizza Salad Carrots Mixed Fruit
28 Hamburger on Bun French Fries Baked Beans Applesauce	29 Chicken Strips Alfredo Pasta California Blend Cass. Peaches	30 Hot Dog on Bun Tri-Tater Green Beans Pears		