



Watson/ Friendship Academy

Lunch Sept. 26-27



Monday	Tuesday	Wednesday	Thursday	Friday
8/17/26 Cheese Burger on a bun or Chicken Patty on a bun Featured Veggies: Broccoli Potato Wedges Mixed Fruit/Applesauce Choice of Milk	8/18/26 Chicken Patty on a bun or Toasted Cheese Featured Veggies: Hashbrown Corn Applesauce/100% Juice Choice of Milk	8/19/26 Chicken Patty on a bun or Pasta w/Meatsauce Featured Veggies: Green Bean Side salad w/Dressing Diced Peaches Choice of Milk	8/20/26 Cheese Quesadilla or Chicken Tenders Dinner Roll Featured Veggies: Baked Beans Red Pepper Strips Applesauce/100% Juice Choice of Milk	8/21/26 Cheese Pizza or Chicken Patty on a bun Featured Veggies: Baby Carrots Fresh Cauliflower Orange Choice of Milk
8/24/26 Cheese Pizza or Chicken Nuggets Dinner Roll Featured Veggies: Curry Fries Zucchini Applesauce/Diced Peaches Choice of Milk	8/25/26 Chicken Nuggets Dinner Roll or Walking Taco Featured Veggies: Black Beans Corn Applesauce/100% Juice Choice of Milk	8/26/26 Hot Dog On A Bun Chicken Nuggets Dinner Roll Featured Veggies: Carrots Green Beans Applesauce/Fruit Cup Choice of Milk	8/27/26 Salisbury Steak W/Gravy Dinner Roll or Chicken Nuggets Dinner Roll Featured Veggies: Broccoli Mashed Potatoes Applesauce/100% Juice Choice of Milk	8/28/26 Maxx Sticks or Chicken Nuggets Dinner Roll Featured Veggies: Side Salad Carrots Apple/Applesauce Choice of Milk
8/31/26 Cheese Pizza or Chicken Tenders Dinner Roll Featured Veggies: Carrots Zucchini Applesauce/Fruit Cup Choice of Milk	9/1/26 Sloppy Joe on a Bun or Chicken Tenders Dinner Roll Featured Veggies: French Fries Baked Beans Applesauce/100% Juice Choice of Milk	9/2/26 Hot Dog on a bun or Chicken Tenders Dinner Roll Featured Veggies: Broccoli Red Pepper Strips Pears/Applesauce Choice of Milk	9/3/26 BBQ Rib on a Bun or Chicken Tenders Dinner Roll Featured Veggies: Sweet Potatoes Green Beans Applesauce/100% Juice Choice of Milk	9/4/26 Pasta w/Meatsauce Dinner Roll or Chicken Tenders Dinner Roll Featured Veggies: Side Salad w/Dressing Fresh Cauliflower Orange/Applesauce Choice of Milk
9/7/26 NO SCHOOL LABOR DAY	9/8/26 Chicken Patty on a bun or Toasted Cheese Featured Veggies: Hashbrown Corn Applesauce/100% Juice Choice of Milk	9/9/26 Chicken Patty on a bun or Pasta w/Meatsauce Featured Veggies: Green Bean Side salad w/Dressing Diced Peaches Choice of Milk	9/10/26 Cheese Quesadilla or Chicken Tenders Dinner Roll Featured Veggies: Baked Beans Red Pepper Strips Applesauce/100% Juice Choice of Milk	9/11/26 Cheese Pizza or Chicken Patty on a bun Featured Veggies: Baby Carrots Fresh Cauliflower Orange Choice of Milk
9/14/26 Cheese Pizza or Chicken Nuggets Dinner Roll Featured Veggies: Curry Fries Zucchini Applesauce/Diced Peaches Choice of Milk	9/15/26 Chicken Nuggets Dinner Roll or Walking Taco Featured Veggies: Black Beans Corn Applesauce/100% Juice Choice of Milk	9/16/26 Hot Dog On A Bun Chicken Nuggets Dinner Roll Featured Veggies: Carrots Green Beans Applesauce/Fruit Cup Choice of Milk	9/17/26 Salisbury Steak W/Gravy Dinner Roll or Chicken Nuggets Dinner Roll Featured Veggies: Broccoli Mashed Potatoes Applesauce/100% Juice Choice of Milk	9/18/26 Maxx Sticks or Chicken Nuggets Dinner Roll Featured Veggies: Side Salad Carrots Apple/Applesauce Choice of Milk
9/21/26 Cheese Pizza or Chicken Tenders Dinner Roll Featured Veggies: Carrots Zucchini Applesauce/Fruit Cup Choice of Milk	9/22/26 Sloppy Joe on a Bun or Chicken Tenders Dinner Roll Featured Veggies: French Fries Baked Beans Applesauce/100% Juice Choice of Milk	9/23/26 Hot Dog on a bun or Chicken Tenders Dinner Roll Featured Veggies: Broccoli Red Pepper Strips Pears/Applesauce Choice of Milk	9/24/26 NO SCHOOL PROF. DEV. DAY	9/25/26 NO SCHOOL PROF. DEV. DAY
9/28/26 Cheese Burger on a bun or Chicken Patty on a bun Featured Veggies: Broccoli Potato Wedges Mixed Fruit/Applesauce Choice of Milk	9/29/26 Chicken Patty on a bun or Toasted Cheese Featured Veggies: Hashbrown Corn Applesauce/100% Juice Choice of Milk	9/30/26 Chicken Patty on a bun or Pasta w/Meatsauce Featured Veggies: Green Bean Side salad w/Dressing Diced Peaches Choice of Milk	10/1/26 Cheese Quesadilla or Chicken Tenders Dinner Roll Featured Veggies: Baked Beans Red Pepper Strips Applesauce/100% Juice Choice of Milk	10/2/26 Cheese Pizza or Chicken Patty on a bun Featured Veggies: Baby Carrots Fresh Cauliflower Orange Choice of Milk

Weekly Vegetable Subgroups May Include:
 Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas and lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Menu Subject to Change Without Notice

USDA is an equal opportunity provider and employer.