

SEPTEMBER 2026 – STEM

LUNCH MENU

DAIRY/MILK (D) EGG (E) TOMATO (T) GLUTEN/WHEAT (G) SOY (S)
SESAME (S) CORN (C) FISH (F)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2oz Beef Taco Bowl w/lettuce and shredded cheese (D) 2oz White rice & black beans 2oz Pineapple Veg – 2oz Veggie fajitas	2 2oz Grilled Turkey w/cheese (D)(G) 2oz Tater Tots w/ketchup (T) 2oz Peaches Veg – 2oz Grilled cheese	3 2oz Cheese Tortellini w/marinara (D)(G)(T)(E) 2oz Sweet peas & corn 2oz Pears Veg – 2oz Same	4 2oz French Toast Sticks (D)(E)(G) w/syrup 2oz Turkey Sausage 2oz Apple sauce Veg – Same
7 	8 2oz Chicken nuggets w/ketchup (G)(D)(T) 2oz Tater tots 2oz Fruit cocktail Veg – 2oz Chickenless (S)	9 2oz Chicken nuggets w/ketchup (G)(T) 2oz Glazed carrots 2oz Watermelon Veg – 2oz Veggie nuggets (S)	10 2oz Beef Sloppy Joe w/bun (G)(T) 2oz Basmati rice w/veggies 2oz Mandarin oranges Veg – 2oz Veggie (S)	11 2oz Cheese tortellini w/pesto sauce (D)(E)(G) 2oz Mixed vegetables (C) 2oz Cinnamon Apple Sauce Veg – 2oz Same
14 2oz Honey glazed chicken (G) 2oz Basmati rice w/peas & carrots 2oz Pears Veg – 2oz Veggie (S)	15 2oz Beef Meatloaf & gravy (D)(G)(T) 2oz Mash potato (D) 2oz Peaches Veg – 2oz Veggie meatball	16 2oz Turkey sandwich w/lettuce & cheese (D)(G) 2oz Chips 2oz Whole apple ½ Veg – 2oz Veggie wrap	17 2oz Tukey meatballs w/BBQ sauce (G) 2oz Oven potatoes 2oz Fruit cocktail Veg – 2oz Veggie	18 2oz Sunbutter & Jelly Sandwiches (G) 2oz Chicken noodle soup 2oz Fresh orange ½ Veg – 2oz Same
21 2oz Beef empanadas w/green sauce (G)(D)(E) 2oz Yellow rice w/corn (C) 2oz Pineapple Veg – 2oz Bean empanadas	22 2oz Chicken alfredo pasta (D)(G) 2oz Green beans 2oz Pears Veg – 2oz Pasta w/veggies	23 2oz Chicken Teriyaki (G) 1 Veggie spring roll w/S&S sauce (E)(G) 2oz Mandarin orange Veg – 2oz Veggie Fried Rice	24 2oz Beef sliders w/cheese & ketchup (D)(G)(T) 2oz Sweet peas 2oz Banana Veg – 2oz Chickenless (S)	25 2oz Breakfast egg quesadillas (G)(D)(E) 2oz Breakfast potatoes w/ketchup (T) 2oz Apple slices Veg – Same
28 2oz Chicken quesadillas (D)(G) 2oz Spanish rice w/ black beans (T)(C) 2oz Pears Veg - Same	29 2oz Turkey tacos w/flour tortilla (G)(T) w/lettuce & cheese (D) 2oz Fiesta corn 2oz Pineapple Veg – 2oz Veggie fajitas	30 2oz Roasted chicken thighs 2oz Basmati rice w/veggies 2oz Apple sauce Veg – 2oz Chickenless (S)	1 2oz Fish stick w/ ketchup (T)(F) 2oz Green beans 2oz Fruit Cocktail Veg – 2oz Fishless (S)	2 2oz Pancakes (D)(E)(G) w/syrup 2oz Turkey Sausage 2oz Honeydew Veg - Same