



# SEPTEMBER 2025

## St. Henry Middle & High School

September is National Better Breakfast Month! Breakfast is considered the most important meal of the day. Try Eggs, Whole Grains, Greek Yogurt, and Fresh Fruit for essential vitamins and minerals your body needs!

### Monday

Labor Day

**NO SCHOOL**

### Tuesday

Fajita Chicken Wrap  
Refried Beans  
Iceberg Lettuce  
Shredded Cheese & Salsa  
Pineapple  
Milk

Alt – Deli Sandwich

### Wednesday

Macaroni & Cheese  
Green Beans  
Baby Carrots  
Strawberry or Peach Cup  
Yogurt  
Milk

**NO ALTERNATE**

### Thursday

Popcorn Chicken Bowl  
Mashed Potatoes, Corn  
Garden Salad  
Butter Bread  
Peaches  
Milk

Alt – Deli Sandwich

### Friday

French Bread Pepperoni Pizza  
Broccoli & Cheese  
Baby Carrots & Celery  
100% Juice  
Milk

**NO ALTERNATE**

Chicken Tender Wrap  
Iceberg Lettuce & Shredded Cheese  
Cheesy Potatoes  
Baby Carrots  
Pears  
Milk

Alt – Deli Sandwich

Taco Wedges  
Lettuce, Shredded Cheese & Salsa  
Black Beans  
Mandarin Oranges  
HS- Carnival Cookie  
Milk

Alt – Deli Sandwich

Asian Meal  
General Tso/Orange or SS Chicken  
Rice  
Mixed Vegetables w/ Broccoli  
Peaches  
Milk

**NO ALTERNATE**

Hot Ham & Cheese Sandwich  
Waffle Fries  
Baby Carrots & Asstd. Bell Peppers  
Corn  
Applesauce  
Milk

Alt – Deli Sandwich

Pepperoni Ripper  
Romaine Salad or Green Beans  
Mozzarella Cheese Stick  
Fresh Orange  
Milk

**NO ALTERNATE**

Chicken Patty Sandwich  
Lettuce, Tomato, Onion  
Potato Smiles  
Baby Carrots  
Pineapple  
Milk

Alt – Deli Sandwich

Loaded Tater Tots  
Toppings  
Black Beans  
Pears  
HS- Soft Pretzel Stick  
Milk

Alt – Deli Sandwich

Spaghetti  
Peas  
WG Cheese Breadstick  
Mandarin Oranges  
HS-Zees Bar  
Milk

**NO ALTERNATE**

BBQ Pulled Pork Sandwich  
Hashbrown  
Romain Salad  
Fresh Apple  
Milk

Alt – Deli Sandwich

Buffalo or BBQ Chicken Pizza  
Green Beans  
Baked Chips  
100% Fruit Juice  
Milk

**NO ALTERNATE**

Hamburger Sandwich  
Lettuce, Tomato, Onion  
Seasoned Redskin Potatoes  
Green Beans  
Applesauce  
Milk

Alt – Deli Sandwich

Taco Pizza  
Romain Salad  
Black Beans  
Salsa  
Pineapple  
Milk

Alt – Deli Sandwich

English Muffin sandwich w/  
Sausage/Egg/Cheese  
Seasoned Cubed Potatoes  
Fresh Banana  
Milk

**NO ALTERNATE**

Chicken Drumstick  
Sweet Potato Crinkle Fries  
Hashbrown  
Garden Salad  
Peaches  
Milk

Alt – Deli Sandwich

Pepperoni Bosco Stick  
Broccoli & Cheese  
Baby Carrots  
Colby Jack Cheese Stick  
Strawberry Kiwi Sorbet Cup  
Milk

**NO ALTERNATE**

Chicken Fries  
Baked Beans  
Pasta Salad  
Apple Slices  
Milk

Alt – Deli Sandwich

Walking Taco  
Iceberg Lettuce  
Shredded Cheese & Salsa  
Tortilla Chips  
Fresh Orange  
Milk

Alt – Deli Sandwich

**PLEASE NOTE: Menus are subject to change based on product availability**  
This institution is an equal opportunity provider.