



Lunch Menu

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
31 Pizza Carrots Oranges	1 Chicken Alfredo Green Beans Apples	2 Beef Tacos Lettuce and Tomato Watermelon	3 Chicken Mashed Potatoes Mixed Vegetables Peaches	4 Turkey Sandwiches, Fresh Fruit, and Veggies at Luther Mendota Heights Closed
7 CLOSED	8 Mac and Cheese with Ham Broccoli Bananas	9 Pasta and Meatballs Green Beans Apples	10 Turkey on a Croissant Cucumbers Mixed Berries	11 Tomato Soup Cheese Sandwich Peaches
14 Pizza Broccoli Oranges	15 Tator Tot Casserole Berries Roll	16 Pork Roast Pasta Green Beans Apples	17 Parmesan Chicken and Pasta Green Beans Pears	18 Pork Tacos Lettuce and Tomato Melon
21 Pizza Carrots Melon	22 Hamburgers Corn Berries	23 Chicken Enchiladas Black Bean Salad Pears	24 Lasagna Zucchini Tomatoes Apples	25 Chicken Salad Sandwich Broccoli Mixed Fruit
28 Pizza Broccoli Oranges	29 Meatloaf Boiled Potatoes Mixed Vegetables Pears Roll	30 Chili Bananas Corn Bread	1 Chicken Legs Rosemary Potatoes Berries Roll	2 Sloppy Joes Green Beans Apples

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.