



BREAKFAST MENUS FOR SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 HAPPY LABOR DAY	September 2 Sausage Biscuit Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 3 Apple Frudel Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 4 French Toast Sticks Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 5 Whole Grain Honey Bun Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk
September 8 Waffle Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 9 Chicken Biscuit Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 10 Egg and Cheese Omelet Sausage Patty Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 11 Maple Pancake Sandwich Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 12 Whole Grain Blueberry Doughnut Cereal Choice Fresh Fruit Fruit Juice Lowfat or Fat Free Milk
September 15 Assorted Pop-Tart Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 16 French Toast Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 17 Sausage and Egg Scrambler Cereal Choice Fresh Fruit Fruit Juice Lowfat or Fat Free Milk	September 18 Bacon, Egg and Cheese Biscuit Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 19 Banana Muffin Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk
September 22 Pancake Dogs Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 23 Sausage Biscuit Cereal Bowl Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 24 French Toast Bites Cereal Choice Fruit Fruit Lowfat or Fat Free Milk	September 25 Blueberry Muffin Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 26 Whole Grain Honey Bun Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk
September 29 Blueberry Pancake Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk	September 30 Yogurt Parfait Cereal Choice Fruit Juice Fresh Fruit Lowfat or Fat Free Milk			

Families Making the Connection

Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. “Goodness Grows in North Carolina”! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and

families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let’s thank our dedicated #FarmtoSchoolHeroes across the state!



Lunch Menus for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 HAPPY LABOR DAY	September 2 Chicken Quesadilla Yogurt Power Pack OR Turkey Sandwich Caser Salad Mexican Corn Fresh Banana Lowfat or Fat Free Milk	September 3 Corn Dog Puffs Yogurt Power Packs OR Turkey Sandwich Tater Tots Baked Beans Fresh Grapes Lowfat or Fat Free Milk	September 4 Chicken Alfredo Yogurt Power Pack Steamed Broccoli Grape Tomatoes French Garlic Bread Fruit Cup Lowfat or Fat Free Milk	September 5 Pizza Choice Yogurt Pack OR Turkey Sandwich Steamed Mixed Veggies Carrot Dippers w Ranch Raspberry Slushie Lowfat or Fat Free Milk
September 8 Mozzarella Sticks Yogurt Pack OR Turkey Sandwich Oven Roasted Sweet Potatoes Green Beans Orange Wedges Lowfat or Fat Free Milk	September 9 Beef Taco Bar Yogurt Power Pack OR Turkey Sandwich Refried Beans w Cheese Side Salad Fresh Apple Slices Lowfat or Fat Free Milk	September 10 Cheeseburger Yogurt Power Pack OR Turkey Sandwiches Potato Wedges Cucumber Slices Fresh Banana Lowfat or Fat Free Milk	September 11 General Tso Chicken Yogurt Power Pack Steamed Broccoli Vegetable Fried Rice Vegetable Egg Roll Fresh Pear Lowfat or Fat Free Milk	September 12 Pizza Choice Yogurt Pack OR Turkey Sandwich Steamed Corn Carrot Dippers w Ranch Strawberry Slushie Lowfat or Fat Free Milk
September 15 Chicken Filet Sandwich Yogurt Power Pack Waffle Fries Pickle Chips Honey Glazed Carrots Fresh Apple Lowfat or Fat Free Milk	September 16 Loaded Nachos Yogurt Power Pack OR Turkey Sandwich Roasted Corn Side Salad Fresh Banana Lowfat or Fat Free Milk	September 17 Oven Roasted Chicken Yogurt Power Pack Mashed Potatoes w Gravy Lima Beans Dinner Roll Fruit Cup Lowfat or Fat Free Milk	September 18 Coney Dog Yogurt Power Pack OR Turkey Sandwich Tater Tots Baked Beans Cole Slaw Fresh Grapes Lowfat or Fat Free Milk	September 19 Pizza Choice Yogurt Power Pack OR Turkey Sandwich Green Beans Carrot Dippers w Ranch Raspberry Slushie Lowfat or Fat Free Milk
September 22 Beef Pepperoni Calzone Yogurt Power Pack OR Turkey Sandwich Winter Blend Veggies Buttered Corn Fresh Grapes Lowfat or Fat Free Milk	September 23 Chicken Fajitas Yogurt Power Pack Sauteed Onions and Peppers Fiesta Black Beans Cilantro Lime Rice Fresh Banana Lowfat or Fat Free Milk	September 24 Penne Pasta w Meat sauce Yogurt Power Pack OR Turkey Sandwich Italian Green Beans Caser Salad Garlic Bread Fresh Orange Lowfat or Fat Free Milk	September 25 Chicken and Waffles Yogurt Power Pack OR Turkey Sandwich Oven Roasted Yams Carrot Dippers Fresh Apple Lowfat or Fat Free Milk	September 26 Pizza Choice Yogurt Power Pack OR Turkey Sandwich Steamed Vegetables Cherry Tomatoes Strawberry Slushie Lowfat or Fat Free Milk
September 29 Bosco Sticks Yogurt Power Pack OR Turkey Sandwich Buttered Corn Carrot Dippers w Ranch Apple Slices Lowfat or Fat Free Milk	September 30 BBQ Chicken Wings Yogurt Power Pack Mac and Cheese Green Beans Baked Beans Fresh Pear Lowfat or Fat Free Milk			

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