September gems lunch 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	03 Chix Alfredo 32g Broccoli 8g Fresh Fruit 25g	04 Chicken Jambalaya 41g Mixed Vegetables 10g Carrots + Ranch 13g Mxd Fruit Cup 26g	05	06
07	08 Beef Taco 20g Mixed Vegetables 10g Fresh Fruit Cup 22g	09 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	10 Mac & Cheese 31g Broccoli 8g Pear 25g	11 Chix Drumstick 6g Mixed Vegetables 10g Carrots + Ranch 13g Fruit Cup 22g	12	13
14 Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fresh Fruit 25g	15 Chix Gyro In a WG Pita 35g Corn 19g Pear 26g	16 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	17 Spaghetti 28g Broccoli 8g WG Breadstix 24g Fruit Cup 22g	18 Teriyaki Chicken Stir-Fry 20g Caribbean Veggies 3g Carrots + Ranch 13g Mxd Fruit Cup 26g	19	20
21 Turkey Burger w/ Cheese 3g on a WG Bun 25g Veg Baked Beans 30g Fresh Fruit Cup 22g	22 Beef Burrito 20g Corn 19g Fresh Fruit Cup 22g	23 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	24 Chix Lo Mein 38.4g Broccoli 8g Fruit Cup 22g	25 Swedish Meatballs 16g Mashed Potatoes 17g WG Rolls 17g Fruit Cup 22g	26	27
28 Chix Patty 13g on a WG Bun 16g Veg Baked Beans 30g Fresh Fruit 25g	29 Chicken Taco 25g Corn 19g Fresh Fruit Cup 22g	30 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	01	02	03	04
05	06	**Notes:** Menus are subject to change due to availability of food or unplanned school closings. USDA is an equal opportunity provider, employer, & lender. Contact: Melissa Bryant 614.747.0196 **Milk offered with each meal:1% Milk** 12g **or Fat Free Chocolate** 24g. HALAH or KOSHER only.				