

51% WHOLE GRAIN
 100% JUICE
 NO FISH, PORK, NUTS SERVED
 MENU SUBJECT TO CHANGE

POSITIVE EDUCATION PROGRAM
PRENTISS
Grades 9-12 Hot Lunch Menu
September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	2	3	4	5
LABOR DAY 	PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C ORANGE JUICE MILK & SYRUP	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 C PEACHES 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK	ORANGE CHICKEN OVER VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	GRILLED CHEESE 1 1/4 C CARROTS 1/2 C PINEAPPLES 1/2 C BERRY JUICE MILK
8	9	10	11	12
CHEESE & BEAN BURRITO 1 C GREEN BEANS 1/2 C PEARS 1/2 C GRAPE JUICE TACO SAUCE MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 1 C ROASTER POTATOES FRESH APPLE 1/2 C ORANGE JUICE BBQ SAUCE & MARGARINE MILK	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 C PEACHES 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK	CHEESEBURGER WGR BUN 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE KETCHUP & MUSTARD MILK	CHICKEN PATTY WGR BUN 1 1/4 C CARROTS 1/2 C PINEAPPLES 1/2 C BERRY JUICE MILK
15	16	17	18	19
CHICKEN LEG 1 SLC WGR BREAD/MARGARINE 1 C GREEN BEANS 1/2 C PEARS 1/2 C GRAPE JUICE MILK	PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C ORANGE JUICE MILK & SYRUP	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 C PEACHES 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK	ORANGE CHICKEN OVER VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	GRILLED CHEESE 1 1/4 C CARROTS 1/2 C PINEAPPLES 1/2 C BERRY JUICE MILK
22	23	24	25	26
CHEESE & BEAN BURRITO 1 C GREEN BEANS 1/2 C PEARS 1/2 C GRAPE JUICE TACO SAUCE MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 1 C ROASTER POTATOES FRESH APPLE 1/2 C ORANGE JUICE BBQ SAUCE & MARGARINE MILK	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 C PEACHES 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK	CHEESEBURGER WGR BUN 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE KETCHUP & MUSTARD MILK	CHICKEN PATTY WGR BUN 1 1/4 C CARROTS 1/2 C PINEAPPLES 1/2 C BERRY JUICE MILK
29	30			
CHICKEN LEG 1 SLC WGR BREAD/MARGARINE 1 C GREEN BEANS 1/2 C PEARS 1/2 C GRAPE JUICE MILK	PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C ORANGE JUICE MILK & SYRUP			USDA AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, LEADER

SERVING SIZES:
 2 oz. of whole Grain, 2 oz. protien, 1c Fruit or 1 C Fruit Juice,
 1C vegetable, 8oz. skim or 1% Milk
 calories not to exceed 850, saturated fat not to exceed 10% total weekly calories