

SEPTEMBER 2025

MUMFORD

A choice of milk and Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY No School 1	Beef or Chicken Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Orange Smiles 2	Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Roasted Vegetables Peach Crisp 3	Chicken Parmesan with Garlic Bread or Choice of Pizza Steamed Vegetables Garden Fresh Salad Fruit Cup 4	Bacon Cheese Burger or Corn Dog Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit 5
	Soft or Crispy Tacos Shredded Lettuce Chopped Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup 9	Homemade Smothered Steaks or Chicken Strips Hot Roll Mashed Potatoes Steamed Vegetables Fruit Cup 10	Ravioli in Marinara Sauce with Breadstick or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Fruit Dessert 11	Chicken Sandwich or Chiff Dog Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit 12
Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Glazed Carrots Fruit Salad 8	Enrolladas or Crisпитos Pinto Beans Cucumber Salad Spanish Rice Homemade Salsa Fruit Cup 16	Chicken Drumsticks or Boneless Wings with Hot Roll Mashed Potatoes Seasoned Vegetables Bernies & Cream 17	Spaghetti with Meat Sauce & Garlic Toast Steamed Vegetables Garden Fresh Salad Fruit Cup 18	BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles and Tomatoes Fresh Baked Cookie Fresh Fruit 19
Mac & Cheese Bowls Garlic Knot Roasted Vegetables Carrot Dipper's Fruit Cup 22	Beef or Chicken Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Orange Smiles 23	Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup 24	Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Vegetables Fruit Dessert 25	Specialty Burger or Corn Dog Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit 26
No School 29	Soft or Crispy Tacos Pinto Beans Spanish Rice Homemade Salsa Shredded Lettuce Chopped Tomatoes Fruit Cup 30			

An option of cereal, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 9/1, 9/15 & 9/29	Pancake Wrap	Eggs with Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
WEEK OF 9/8 & 9/22	Pig in a Blanket	Eggs & Bacon with Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

This institution is an equal opportunity provider.

Dip Your Know!

September is
National Fruits
and Veggies
month!

Eating your
fruits & veggies
help you grow
strong & keep
you healthy.

