

# St. Christopher's Lunch Menu

## September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1  <b>HAPPY LABOR DAY</b>	2  <b>BACK TO SCHOOL!</b>	3 <b>Lasagna Roll Up</b> <b>Spaghetti Sauce</b> <b>Seasoned Breadstick</b> <b>Seasoned Spinach</b>	4 <b>Cougar Burger</b> <b>Optional Cheese Slice</b> <b>Lettuce &amp; Tomato</b> <b>Tater Tots</b>	5 <b>Roasted Turkey and Shredded Cheddar Wrap</b> <b>Baby Carrots</b>
8 <b>Big Daddy's Pizza</b> <b>Seasoned Green Beans</b>	9 <b>Panther Bagel Egg &amp; Cheese Sandwich</b> <b>Hash Brown Patty</b>  <b>Brunch for Lunch</b>	10 <b>General Tso Chicken</b> <b>Rice Bowl</b> <b>Roasted Broccoli</b>	11 <b>Meatball Hoagie</b> <b>Chef Salad</b> <b>Garbanzo Beans</b>	12 <b>Hot Turkey Sandwich w/Gravy</b> <b>Mashed Potatoes</b> <b>Roasted Carrots</b>
15 <b>Pizza Bagels</b> <b>Seasoned Spinach</b>	16 <b>Chicken Taco</b> <b>Shredded Cheddar Cheese</b> <b>Salsa</b> <b>Refried Beans</b>  <b>TACO TUESDAY</b>	17 <b>French Toast Sticks</b> <b>Turkey Sausage</b> <b>Hash Brown Patty</b> <b>Maple Syrup</b>  <b>Brunch for Lunch</b>	18 <b>Crispy Chicken</b> <b>Patty on a Roll</b> <b>Caesar Salad</b> <b>Cucumber Coins</b>	19 <b>Burger Patty (Meatloaf sandwich)</b> <b>Mashed Sweet Potatoes</b>
22 <b>Stuffed Crust Pizza</b> <b>Roasted Broccoli</b>	23 <b>Turkey Taco In the bag</b> <b>Salsa</b> <b>Seasoned Pinto Beans</b>  <b>TACO TUESDAY</b>	24 <b>Oven Roasted Chicken</b> <b>Soft Pretzel</b> <b>Baby Carrots</b>	25 <b>Cheese Ravioli</b> <b>Breadstick</b> <b>Roasted Brussels Sprouts</b>	26 <b>Waffles</b> <b>Maple Syrup</b> <b>Turkey Sausage</b> <b>Tater Tots</b>  <b>Brunch for Lunch</b>
29 <b>French Bread Pizza</b> <b>Butternut Squash</b>	30 <b>Beef Nacho Platter</b> <b>Salsa</b> <b>Refried Beans</b>  <b>TACO TUESDAY</b>	<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change.</p> 		

**Offered Daily:**  
*Either Hummus Meal OR Fruit and Yogurt Platter, Chicken Nuggets, Sun Butter & Jelly Sandwich, Upstate Skim Chocolate Milk or Upstate 1% Milk Canned or Fresh Fruit*

WHAT IS IN A LUNCH???

Milk, Meat/Meat Alternate, Vegetables, Fruits, and Grains.

Students MAY take all 5 items but MUST take 3 items including 1/2 cup fruit or vegetables.

PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy.

Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.