



Elementary Menus for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 Holiday	September 2 Breakfast Pizza Spaghetti w Bread Stick Garden Salad Roasted Broccoli Local Watermelon Milk	September 3 Sausage Biscuit Southern Fried Chicken Corn Muffin Green Beans Mashed Potatoes Applesauce Milk	September 4 Ham & Cheese Croissant Beefy Nachos Buttery Corn Fiesta Black Beans Salsa Cup Papaya & Mango Cup Milk	September 5 Chicken Biscuit Pizza Cheese Sticks Fresh Garden Salad Marinara Cup Local Watermelon Milk
September 8 Pancake Sandwich Cheeseburger In Paradise French Fries Baked Beans Local Fresh Peach Milk	September 9 Teacher Workday	September 10 Yogurt & Granola ACP Bowl Ranchero Pintos Chips & Salsa Diced Pears Milk	September 11 Egg & Cheese Croissant Philly Steak Onions & Peppers Potato Roasters Strawberry Cup Milk	September 12 Pancake on Stick French Bread Pizza Fresh Garden Salad Marinara Cup Local Watermelon Milk
September 15 Sausage Biscuit Chicken Alfredo Texas Toast Fresh Garden Salad Roasted Broccoli Local Fresh Peach Milk	September 16 Ham & Cheese Croissant Taco Pizza Fiesta Black Beans Chips & Salsa Papaya & Mango Cup Milk	September 17 Pancake on Stick Chicken Tenders & Biscuits Mashed Potatoes Green Beans Applesauce Milk	September 18 Chicken & Waffles Cheeseburger In Paradise French Fries Baked Beans Mixed Fruit Milk	September 19 Chicken Biscuit Pepperoni Pizza Fresh Garden Salad Corn Local Watermelon Milk
September 22 Yogurt & Granola Spaghetti w Bread Stick Garden Salad California Blend Local Fresh Peach Milk	September 23 Breakfast Pizza Teriyaki Chicken Bowl Roasted Broccoli Sweet Carrots Dice Pears Milk	September 24 Sausage Biscuit Southern Fried Chicken Corn Muffin Green Beans Mashed Potatoes Applesauce Milk	September 25 Ham & Cheese Croissant Beefy Nachos Buttery Corn Fiesta Black Beans Salsa Cup Papaya & Mango Cup Milk	September 26 Chicken Biscuit Pizza Cheese Sticks Fresh Garden Salad Marinara Cup Local Watermelon Milk
September 29 Pancake Sandwich Cheeseburger In Paradise French Fries Baked Beans Local Apple Slices Milk				

Nutrition Byte

Taste & Learn About Local Produce

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? "Goodness Grows in North Carolina"!

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. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

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