

SEPTEMBER 2026

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu : North Metro Flex Academy Lunch Menu

Grade : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

	Monday, 8/31/2026	Tuesday, 9/1/2026	Wednesday, 9/2/2026	Thursday, 9/3/2026	Friday, 9/4/2026
Week IV HOT MEAL	Battered Corn Dog WG Chicken Corn Dog served with Ketchup Baked Beans Crisp Celery, Crisp Apple Wedges & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Twin Faves Day Chicken Nuggets w/ Ketchup Mac & Cheese Baby Carrots, Sugar Snap Peas w/Dip Fruit Cup & Choice Milk	Zeus Frito Crunch Greek Style Seasoned Beef, Fritos, Tzatziki Sauce Steamed Corn Shred Lettuce Banana & Choice Milk	Mandarin Orange Chicken Bowl Steamed Rice Sliced Cucumbers & Carrot Slims Fresh Watermelon Chunks Choice Milk	Fresh Hot Delivered Pizza Caesar Salad (Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing) Fresh Orange Wedges Choice Milk
	Monday, 9/7/2026	Tuesday, 9/8/2026	Wednesday, 9/9/2026	Thursday, 9/10/2026	Friday, 9/11/2026
	Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup Mashed Potatoes Celery Sticks w/ Dip & WG Roll Crisp Apple Wedges & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Baked Beans Sugar Snap Peas Fruit Cup & Choice Milk	Chicken Tenders w/ Mix & Match Sauce Ketchup, Fry-Yay Sauce Baby Carrots w/Dip Banana & WG Roll Choice Milk	Asian Chicken Dumplings Seasoned Teriyaki Dip Crisp Broccoli w/ Dip Fresh Watermelon Chunks Choice Milk	Fresh Hot Delivered Pizza Sliced Cucumbers & Dip Fresh Orange Wedges Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	Monday, 9/14/2026	Tuesday, 9/15/2026	Wednesday, 9/16/2026	Thursday, 9/17/2026	Friday, 9/18/2026
Week VI HOT MEALS	Premium Chicken Nuggets Ketchup Tater Tots w/ Ketchup Sugar Snap Peas & WG Roll Crisp Apple Wedges & Choice Milk	All Beef Hot Dog Served with Ketchup Baby Carrots w/ Dip Fruit Cup & Choice Milk Yahoo! Special Treat Day! Confetti Cookie	Brunch Lunch French Toast Sticks w/ Syrup Cucumber Slices w/ Dip Banana Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Fresh Watermelon Chunks & Choice Milk	Fresh Hot Delivered Pizza Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Orange Wedges Choice Milk
	Monday, 9/21/2026	Tuesday, 9/22/2026	Wednesday, 9/23/2026	Thursday, 9/24/2026	Friday, 9/25/2026
	Chicken Patty Sandwich WG Bun & Ketchup Baked Beans & Fresh Cut Celery Crisp Apple Wedges & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Waffles & Turkey Sausage Maple Waffles w/ Syrup Turkey Sausage Patty Carrot Slims w/ Dip Fruit Cup & Choice Milk	Hot Italian Beef Meatball Sub Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Potato Wedges w/ Ketchup Sliced Cucumbers Banana & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Crisp Broccoli w/Dip Fresh Watermelon Chunks Choice Milk	Fresh Hot Delivered Pizza Mixed Salad & Dressing (Romaine, LCR & Dressing) Fresh Orange Wedges Choice Milk
	Monday, 9/28/2026	Tuesday, 9/29/2026	Wednesday, 9/30/2026		
Week II HOT MEALS	PopMax Chicken & Creamy Cheesy Hashbrowns Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Celery Sticks w/Dip WG Roll, Crisp Apple Wedges & Choice Milk	Classic Hamburger WG Bun, Pickles & Ketchup Potato Smiles Carrot Slims w/ Dip Fruit Cup & Choice Milk	Creamy Mac & Cheese Sliced Cucumbers, Baby Carrots & Dip Banana Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

This menu is pork-free.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					OCTOBER 2026	
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Week II				Thursday, 10/1/2026	Friday, 10/2/2026	
				Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema Cheesy Refried Beans Fresh Watermelon Chunks & Choice Milk	Fresh Hot Delivered Pizza Mixed Green Salad w/Dressing Fresh Orange Wedges Choice Milk	
Week III	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026	
	Brunch Lunch Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Baby Carrots & Dip Crisp Apple Wedges & Choice Milk	Crispy Chicken Tenders Ketchup WG Roll Baked Beans & Celery Sticks Fruit Cup & Choice Milk	Glazed Beef Meatballs Steamed Rice Garden Salad w/ Dressing Banana Choice Milk	Roasted Chicken Drumstick WG Roll Mashed Potatoes & Cucumbers Fresh Watermelon Chunks & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	Fresh Hot Delivered Pizza Eaz-Bite Veggie Medley w/ Ranch (Carrots & Sugar Peas) Fresh Orange Wedges Choice Milk	
Week IV	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026	
	Battered Corn Dog WG Chicken Corn Dog served with Ketchup Baked Beans Crisp Celery, Crisp Apple Wedges & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Twin Faves Day Chicken Nuggets w/ Ketchup Mac & Cheese Baby Carrots, Sugar Snap Peas w/Dip Fruit Cup & Choice Milk	Zeus Frito Crunch Greek Style Seasoned Beef, Fritos, Tzatziki Sauce Steamed Corn Shred Lettuce Banana & Choice Milk	Mandarin Orange Chicken Bowl Steamed Rice Sliced Cucumbers & Carrot Slims Fresh Watermelon Chunks Choice Milk	Fresh Hot Delivered Pizza Caesar Salad (Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing) Fresh Orange Wedges Choice Milk	
Week V	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026	
	Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup Mashed Potatoes Celery Sticks w/ Dip & WG Roll Crisp Apple Wedges & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Baked Beans Sugar Snap Peas Fruit Cup & Choice Milk	Chicken Tenders w/ Mix & Match Sauce Ketchup, Fry-Yay Sauce Baby Carrots w/Dip Banana & WG Roll Choice Milk	Sweet & Sour Chicken Steamed Rice Crisp Broccoli w/ Dip Fresh Watermelon Chunks Choice Milk	Fresh Hot Delivered Pizza Sliced Cucumbers & Dip Fresh Orange Wedges Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos	