

September 2025

* indicates item contains Pork

USDA is an equal opportunity provider.
Menus are subject to change.



EAT YOUR WATER.



Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 1



**HAPPY
★ LABOR ★
DAY!**
**NO SCHOOL
MONDAY,
SEPTEMBER 1**

Tuesday, September 2

Lunch
-Cheese Pizza
-Turkey & Cheese Wrap
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baby Carrots
Chilled Applesauce
Cold Milk

Wed., September 3

Lunch
-Bacon & Cheese Breaded
Chicken Sandwich *
-Hamburger on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Pears
Cold Milk

Thursday, September 4

Lunch
-Chicken Nuggets &
Macaroni with Cheese
-Sloppy Joe Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
French Fries
Mixed Fruit
Cold Milk

Friday, September 5

Lunch
-Mozzerella Sticks
& Dipping Sauce
-Grilled Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Orange Smiles
Cold Milk

Blessed Sacramento School

Monday, September 8

Lunch
-Hot Dog on Bun
-Hot & Spicy Chicken
Sandwich
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Candied Sweet Potatoes
Chilled Peaches
Cold Milk

Tuesday, September 9

Lunch
-Sausage, Egg & Cheese
Croissant*
-Chicken Quesadilla
-Italian Salad & Bosco Stick*
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Wed., September 10

Lunch
-Popcorn Chicken, Pretzel
Sticks & Cheese Sauce
-BBQ Ribette Sandwich*
-Chef Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Craisins
Cold Milk

Thursday, September 11

Lunch
-Cheeseburger
-Sub Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Fresh Broccoli
Frozen Juice Cup
Cold Milk

Friday, September 12

Lunch
-Soft Beef Tacos
-Cheesy Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Apple
Cold Milk

September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*