







# September 2025 Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>LABOR DAY</b> <b>NO SCHOOL</b>	1 Crispy or Soft (PK) Beef Tacos Sour Cream and Sliced Jalapeños Shredded Cheese Salsa Pinto Beans Chilled Strawberries	2 Salisbury Steak Mashed Potatoes w/wo Gravy Cumin-Roasted Broccoli Fruit Southern Butter Roll	3 Meatballs Macaroni & Cheese Buffalo Cauliflower Caesar Salad Fresh Fruit (PK: Applesauce) Frosted Cake	4 <b>Brunch for Lunch</b> Sausage and Pancakes <b>AND</b> Diced Potatoes Baby Carrots Fresh Fruit (PK: Banana)
8 BBQ Roasted Chicken Garlic Mashed Potatoes Honey Roasted Brussels Sprouts Fruit Southern Butter Roll <b>PK: Grilled Chicken Nuggets</b>  <b>Western Day</b>	9 Crispy or Soft (PK) Chicken Tacos Sour Cream and Sliced Jalapeños Shredded Cheese Shredded Lettuce/Diced Tomato Cup Pinto Beans Chilled Strawberries Homemade Cinnamon Roll	10 Shrimp Fried Rice Roasted Broccoli Chicken Egg Roll w/ Sweet Chili Sauce Fresh Fruit <b>PK: Pepperoni or Cheese Pizza, Roasted Broccoli, Fries, Banana</b>	11 Meatsauce & Penne Pasta Caesar Salad Fresh Fruit (PK: Applesauce) Southern Butter Roll	12 Crispy Chicken Nuggets Macaroni & Cheese Cucumber Slices & Baby Carrots Seasoned Green Beans Fruit <b>PK: Steamed Baby Carrots instead of cucumber slices</b>
15 Red or White Beans w/Smoked Sausage (Entrée) Steamed Brown Rice Honey Roasted Brussels Sprouts Seasoned Okra Fruit	16 Crispy or Soft (PK) Beef Tacos Sour Cream and Sliced Jalapeños Shredded Cheese Shredded Lettuce/Diced Tomato Cup Golden Corn Chilled Strawberries	17 Sweet Chili Roasted Chicken Herb Parsley Brown Rice Sliced Plantains Steamed Broccoli Chilled Pineapple <b>PK: Grilled Chicken Nuggets,</b>  <b>Nutrition Day:</b> Papaya	18 Grilled Chicken Parmesan Penne Pasta Caesar Salad Fresh Fruit (PK: Applesauce) Fresh-Baked Cookie	19 <b>Brunch for Lunch</b> Chicken Tenders and Waffles <b>OR</b> Sausage and Pancakes <b>AND</b> Diced Potatoes Baby Carrots Fresh Fruit (PK: Banana)
22 Roasted Turkey w/Gravy Garlic Mashed Potatoes Chili Cinnamon Roasted Carrots Fresh Fruit (PK: Banana) Southern Butter Roll	23 Beef <b>OR</b> Cheese Nachos Sour Cream and Sliced Jalapeños Salsa Golden Corn Chilled Strawberries Homemade Cinnamon Roll <b>PK: Cheese Pizza, Fries, Golden Corn, Strawberries, Cinnamon Roll</b>	24 Crunchy Popcorn Chicken Red Beans Steamed Brown Rice Yellow Squash Fresh Fruit (PK: Banana)	25 Meatsauce & Penne Pasta Caesar Salad Fresh Fruit (PK: Applesauce) Southern Butter Roll	26 Crispy Chicken Tenders Macaroni & Cheese Seasoned Green Beans Glazed Carrots Chilled Strawberries
29 Salisbury Steak Mashed Potatoes w/wo Gravy Cumin-Roasted Broccoli Fruit Southern Butter Roll	30 Crispy or Soft (PK) Beef Tacos Sour Cream and Sliced Jalapeños Shredded Cheese Salsa Pinto Beans Chilled Strawberries			

Choice of White, Chocolate or Strawberry Milk

## THE HISTORY OF LABOR DAY

The first Monday in September is set aside to celebrate American Workers



### THE HISTORY OF LABOR

1880s  
the average work day was 12 hours, but could often reach upwards of 18 hours

12 hour days

16-18 hour days

1933  
the eight-hour day became federal law

1950s

### THE HISTORY OF LABOR DAY

1882  
Labor Day got its beginnings when the Central Labor Union in New York called for a "monster labor festival" that included a parade and picnic

1887  
Oregon became the first state to make Labor Day an official holiday

1894  
Congress made Labor Day a national holiday

30 DAYS IN THE MONTH

Grandparents Day

Chinese Moon Festival

National Talk Like a Pirate Day

Patriot Day

Aster September Flowers

Sapphire Birthstone

National Coffee Day

Goodbye Summer

Hello Fall

Astrology Signs

National Potato Day

# SEPTEMBER Fun Facts