

## **SEPTEMBER 2025**

Poplar Schools

	Monday	Tuesday	Wednesday	Thursday	Friday
	No School	1. Pancake Wrap, Applesauce or Apple  2. Cereal, Toast, Apple or Orange, Assorted Milk	<ol> <li>Scrambled Eggs w Ham 3         Apple or Cantaloupe, Toast     </li> <li>Cereal, Nutri-Grain, Same Fruits, Assorted Milk</li> </ol>	1. Breakfast Bars, Nutri- Grain, Peaches or Pears 2. Cereal, Toast, Peaches or Pears, Assorted Milk	1. Corn Beef Hash, Muffin, Pears or Banana 2. Cereal, Nutri-Grain, Pears or Banana, Assorted Milk
	1. Boiled Eggs, Sausage Links, Nutri-Grain Bar 2. Cereal, Nutri-Grain Bar, Apple or Orange, Assorted Milk	1. Breakfast Burrito, Applesauce, or Orange 2. Cereal, Toast, Orange or Apple, Assorted Milk	<ol> <li>French Toast Sticks, Applesauce or Orange</li> <li>Cold Cereal, Orange or Applesauce, Assorted Milk</li> </ol>	Breakfast Pizza, Pears or Apples, or Cereal, Toast, Assorted Milk	Biscuit & Gravy, or Cereal, Toast, Mixed Fruit or Apple, Assorted Milk
	Breakfast Pizza, Pineapple, or Cereal, Apples, Nutri-Grain, Assorted Milk	1. Hot Cereal, Cantaloupe 16 or Banana, Toast  2. Cold Cereal, Nutri-Grain, Same Fruits, Assorted Milk	<ol> <li>Corn Beef Hash, Muffin 7</li> <li>Same Fruits</li> <li>Cereal, Nutri-Grain, Pears or Apple, Assorted Milk</li> </ol>	<ol> <li>Breakfast Sandwich, Peaches or Apple</li> <li>Cold Cereal, Toast, Same Fruit, Assorted Milk</li> </ol>	Pancake Wrap, or Cereal, Peaches or Orange, Assorted Milk
	1. Boiled Eggs, Links, Bagels, Orange or Apple	1. Breakfast Burrito's, 23 Mandarin Oranges or Mixed Fruit		1. Scrambled Eggs w/Ham, Toast, Same Fruits	1.French Toast Sticks, Applesauce or Orange
	2. Cereal, Same Fruits, Assorted Milk	2. Cereal, Same Fruits, Assorted Milk	2. Cereal, Grapes or Banana, Assorted Milk	2. Cereal, Orange or Apple, Assorted Milk	2. Cereal, Nutri-Grain, Same Fruits, Assorted Milk
)	<ol> <li>Breakfast Sandwich,</li> <li>Apples or Orange</li> <li>Cereal, Nutri-grain or</li> <li>Toast, Assorted Milk</li> </ol>	Waffles Applesauce, Or Cereal, Nutri-Grain, Assorted Milk			
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Menu subject to change without notice.

This institution is an equal opportunity provider.



Same Fruit, Salad Bar, Assorted

Milk

## **SEPTEMBER 2025**

Poplar Schools

## Friday Thursday Monday **Tuesday** Wednesday 1. Tator Tot Casserole, Peas 🔏 1. Hot Hamburger w/ 1. Corn Dogs, Fries, Mashed Potatoes, Carrots or Pears or Mandarin Oranges Grapes or Cantaloupe Pizza, Pineapple, Carrot or Celery, Oranges 2. Hamburger Vegetable Soup, 2. Pulled Pork w/ Bun, Corn Celery Sticks, Salad Bar, No School 2. Tomato Soup, PBJ Sandwich, Carrot or Celery Sticks, Water on cob, Banna or Grapes, Assorted Milk Oranges or Apples, Salad Bar, Melon, Salad Bar, Assorted Milk Salad Bar, Assorted Milk Assorted Milk 1. Chili Dogs, Fries, Kiwi, 1. Cheeseburger Mac., 1. Chicken Noodle Soup, 1. Polish Dogs w/ Bun, 10 Carrot or Celery Sticks, Grapes Baked Beans, Apple or Orange Broccoli, Apple or Orange Super Nacho's, Peaches or or Banana or Watermelon 2. Chicken Drumsticks, Mac. & Pears, Carrot Sticks, Chef's 2. Beef Noodle Hotdish, Cau-2. Chicken Nuggets, Wedges, 2. Hamburger Mac. Soup, Sand-Cheese, Dinner Roll, Apple or Salad Bar, Assorted Milk liflower, Apple or Orange, Same Fruit, Salad Bar, wich Bar, Salad Bar, Assorted Orange, Salad Bar, Assorted Salad Bar, Assorted Milk Assorted Milk Milk Milk 1. Ham or Turkey Sandwich 16 18 1. Hot Dogs, w/Bun, Fries, 1. Goulash, Corn, Apple 1. Chicken Strips, Mac. & Tomato soup, Orange or Apple Banana or Orange, Celery Sticks Cheese, Grapes, Carrot or or Orange Chicken Drumsticks, Mashed Celery 2. Fish Sticks, Wedges, Same Potatoes, Gravy, Corn, 2. Chicken & Rice Soup, Grapes, 2. Corn Dog, Fries, Same Fruit, 2. Pizza, Pineapple, Carrots or Fruit, Bread & Butter, Salad Dinner Roll, Watermelon, Carrots, Salad Bar, Assorted Caroots or Celery, Salad Bar, Celery, Salad Bar, Assorted Milk Bar, Assorted Milk Salad Bar, Assorted Milk Milk Assorted Milk 1. Ham, AuGratin Potatoes, 23 1.Hamburger Deluxe w/Bur 25 1. Spaghetti, Bread Stick, 2/ 1. Taco in a Bag, Celery or Green Beans, or Peaches or Baked Beans, Mandarin Or-Corn or Celery Stick, Grapes, Carrot Sticks, Apple or Orange Beef Stew, Cinnamon Roll, Pears anges 2. Chicken Nuggets, Fries, Carrot Sticks, Apple or 2. Chicken Noodle Hotdish, 2. Chicken Patty w/ Bun, Mac. 2. Soft Shell Taco's, Same Fruits Peas or Celery Sticks, Apple Orange, Salad Bar, Assorted Salad, Same Fruit, Salad Bar, Carrots, Same Fruits, Salad Bar, and Vegetables, Salad Bar, or Orange, Salad Bar, Milk Assorted Milk Assorted Milk Assorted Milk Assorted Milk 1. Chicken & Rice Hotdish, 1. Sloppy Joes w/ Bun, Corn on the cob, Banana or Carrots, Apple or Peaches Grapes 2. Cheeseburger Mac. Hotdish, 2. Beef Noodle Hotdish, Celery,

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Green Beans, Same fruit, Salad

Bar, Assorted Milk