

Fort Plain Jr/Sr High Grades 7-12

All students eat breakfast
and lunch for free!

*September is:
Apple Month*

*To celebrate, look for apples
being served each Wednesday*

TRY ME! Vegetable of the Month:
Zucchini (Sept 24th)

NY State Milk Served at Each Meal:
*Low fat white
Low fat chocolate
Whole white*

Alternate Breakfast: Cereal or Yogurt
(all breakfasts include fruit & juice)

Alternate Lunch: Create your own
lunch with the Fresh Bar! Features:
*chef salads, sandwiches, hummus,
Greek yogurt, fresh veggies and fresh
fruits*

The USDA and this institution are equal
opportunity providers and employers

September 2026

BREAKFAST AND LUNCH

	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
	Superintendent's Conference Day NO STUDENTS	Superintendent's Conference Day NO STUDENTS		Menu subject to change
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
	Bk: Baked Funnel Cake Cheeseburger Cheese Crackers Baked Beans Assorted Fruit Choice	Bk: Breakfast Pizza Chicken Patty on a Bun Sun Chips Baby Carrots w/ranch Fresh Apple	Bk: Omelet & Bacon Turkey Club Sandwich Potato Smiles Peas Assorted Fruit Choice	Bk: Breakfast Sandwich Pizza Buttered Herbed Rotini Steamed Broccoli Assorted Fruit Choice
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Bk: Pancakes & Sausage Chicken Nuggets Cornbread BBQ Beans Assorted Fruit Choice	Bk: Choc Chip Muffin Hot Dog on a Bun French Fries Corn Assorted Fruit Choice	Bk: Egg/Cheese Pocket Ham & Cheese Bagel Celery Sticks Baked Caramel Apples Cookie	Bk: Egg Bites Bowties with Marinara Pizza Breadstick Tossed Salad Assorted Fruit Choice	Bk: Yogurt w/UBR Egg, Tuna or Turkey on a Croissant Baked Chips Baby Carrots w/ranch Assorted Fruit Choice
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Bk: Waffles & Sausage Popcorn Chicken Dinner Roll Steamed Broccoli Assorted Fruit Choice	Bk: Trix Muffin Flat Hard Shell Tacos Fiesta Rice Vegetarian Beans Assorted Fruit Choice	Bk: Breakfast Burrito Beef Chili Corn Biscuit w/Apple Butter Fruit Snack	Bk: Egg & Saus Patties Pizza Bites Parmesan Pasta Zucchini Assorted Fruit Choice	Bk: Breakfast Sandwich French Toast Sticks Sausage Links Breakfast Potatoes Assorted Fruit Choice
Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
Bk: Bagel Bar Chicken Tenders Mashed Potatoes Peas Assorted Fruit Choice	Bk: Pancake on a Stick Steak Sandwich Cheese Crackers Baked Beans Assorted Fruit Choice	Bk: Breakfast Pizza BBQ Chckn Pita Pocket Corn Chips Baby Carrots w/ranch Fresh Apple Slices	Bk: Scrambled Eggs and Bacon Baked Ravioli Tossed Salad Assorted Fruit Choice Pudding	Bk: Cereal with Soft Oatmeal Bar Pizza Garlic Knot Green Beans Assorted Fruit Choice