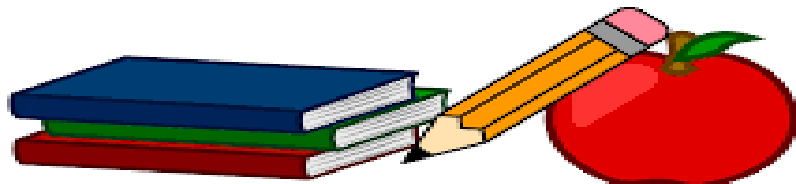


2026

Menus For: FES GES RCES



SEPTEMBER

This institution is an equal opportunity provider. Menus are subject to change.



Word of Month Month

Courage

Doing the right thing in the face of difficulty and following your conscience instead of the crowd.

5 HEALTH TIPS



Stay Hydrated
Drink at least 7-8 glasses of water daily



Eat Balanced Meals
Include fruits, vegetables, proteins, and whole grains



Stay Active
Aim for 30 minutes of walking, yoga, or exercise every day



Sleep Well
Get 7-8 hours of quality sleep to recharge your body



Manage Stress
Practice deep breathing, meditation, or spend time in nature

Tuesday, September 7

Breakfast

Waffles

Lunch Choice of One

Pork Chop
Grab & Go #5 or #6

~~~~~  
Roll  
Peas & Carrots  
Mashed Potatoes  
Fruit  
Choice of Milk

### Wednesday, September 8

#### Breakfast

Chicken Biscuit

#### Lunch Choice of One

Chicken Fajitas  
Grab & Go #7 or #8

~~~~~  
Queso Cheese
Tortilla
Rice
Salsa
Black Beans
Fruit
Choice of Milk

Thursday, September 9

Breakfast

Cinnamon Roll

Lunch Choice of One

Chicken Nuggets
Grab & Go #2

~~~~~  
Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

### Friday, September 10



**Professional  
Development**

**NO SCHOOL  
TODAY**

1. PB & J
2. Yogurt & Cheese Stick
3. Chicken Salad
4. Spicy Chicken Sandwich
5. Pepperoni Pizza
6. Corn Dog Nuggets
7. Pretzel
8. Salad

### Monday, September 7



### Tuesday, September 8

#### Breakfast

Pancake on Stick

#### Lunch Choice of One

Dominos Cheese Pizza  
Dominos Pepperoni Pizza  
Grab & Go #6  
~~~~~  
Corn
Side Salad
Fruit
Choice of Milk

Wednesday, September 9

Breakfast

Chicken Biscuit

Lunch Choice of One

Fish Nuggets
Grilled Chicken Nuggets
Grab & Go #7 or #8
~~~~~  
Hush Puppies, Cole Slaw  
Pinto Beans, Baby Carrots  
Macaroni & Cheese  
Fruit  
Choice of Milk

### Thursday, September 10

#### Breakfast

Yogurt Parfait

#### Lunch Choice of One

Chicken Tenders  
Grab & Go #2  
~~~~~  
Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, September 11

Breakfast

Raspberry Swirl
Danish

Lunch Choice of One

Breaded Chicken Sandwich
Hot & Spicy Chicken Sandwich
Grab & Go #3
~~~~~  
Pickle Slices, Potato Bites, Trimmings, Fruit  
Broccoli Cup  
Choice of Milk



Now Serving Domino's Pizza on  
**Tuesday 09/08/2026** at **NO**  
**additional cost** to  
Students. Choice of Cheese &  
Pepperoni.

**Monday, September 14**

**Breakfast**

Sliced Lemon Bread

**Lunch**

**Choice of One**

Mini Corndog Nuggets  
Grab & Go #1 or #4  
~~~~~

Baked Beans, Cole Slaw
Macaroni & Cheese
Fruit
Choice of Milk

Tuesday, September 15

Breakfast

Cinni Mini

Lunch

Choice of One

Chicken Gordita
Grab & Go #5 or #6
~~~~~

Corn  
Garlic Roasted  
Potatoes  
Fruit  
Choice of Milk

**Wednesday, September 16**

**Breakfast**

Breakfast Pizza

**Lunch**

**Choice of One**

BBQ Rib Sandwich  
Grab & Go #7 or #8  
~~~~~

Broccoli Cup
Curly Fries
Fruit
Choice of Milk

Thursday, September 17

Breakfast

Apple Frudel

Lunch

Choice of One

Popcorn Chicken
Grab & Go #2
~~~~~

Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

**Friday, September 18**

**Breakfast**

Sausage Biscuit

**Lunch**

**Choice of One**

Hamburger  
Cheeseburger  
Grab-N-Go #3  
~~~~~

Pickle Slices, Carrot
French Fries
Trimmings, Fruit
Choice of Milk

Available Daily @ Breakfast:
Choice of Milk, Juice & or Fruit.
We also offer Cereal & Graham
or PopTart Daily.



Available Daily @ Lunch:
Choice of Milk & Fruit with each
lunch.

Monday, September 21

Breakfast

Donut

Lunch

Choice of One

Garlic Cheese Toast
Grab & Go #1 or #4
~~~~~

Corn  
Marinara Sauce  
Fruit  
Choice of Milk

**Tuesday, September 22**

**Breakfast**

Waffles

**Lunch**

**Choice of One**

Sweet Thai Chicken  
Grab & Go #5 or #6  
~~~~~

Fried Rice
Steamed Carrots
Steamed Broccoli
Fruit
Choice of Milk

Wednesday, September 23

Breakfast

Chicken Biscuit

Lunch

Choice of One

Ham & Cheese
Sandwich
Baby Carrots
Sunset Juice
Bananas
Choice of Milk

Early Dismissal 11:30

Thursday, September 24

Breakfast

Cinnamon Roll

Lunch

Choice of One

Drumstick
Grab & Go #2
~~~~~

Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

**Friday, September 25**

**Breakfast**

Cereal & Poptarts

**Lunch**

**Choice of One**

Breaded Chicken  
Sandwich  
Hot & Spicy Chicken  
Sandwich  
Grab & Go #3  
~~~~~

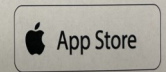
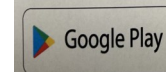
Pickle Slices, Fries,
Trimmings, Fruit
Cucumber Cup
Choice of Milk

Confetti Cookie

Rhea County School Nutrition
Program is proud to offer LINQ
again this year.

It is a safe & secure way for
parents to make online
payments to your
student's account.

Please see the
barcodes to access the
LINQ portal.



Monday, September 28

Breakfast

Donut

Lunch

Choice of One

Pepperoni Pizza
Toasted Cheese
Sandwich
Grab-N-Go #1
~~~~~

Corn  
Baby Carrots  
Fruit  
Choice of Milk

**Tuesday, September 29**

**Breakfast**

Waffles

**Lunch**

**Choice of One**

Pork Chop  
Grab-N-Go #5 or #6  
~~~~~

Roll
Peas & Carrots
Mashed Potatoes
Fruit
Choice of Milk

Wednesday, September 30

Breakfast

Chicken Biscuit

Lunch

Choice of One

Chicken Fajitas
Grab & Go #7 or #8
~~~~~

Queso Cheese  
Tortilla  
Rice  
Salsa  
Black Beans  
Fruit  
Choice of Milk

