


Menus for September 2025

**FSDS Johnsonville
Elementary and
PDCAP Headstart**


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



★ OUR NATION'S HISTORY ★



John Chapman, better known as Johnny Appleseed, was born September 26, 1774. For 40 years, Johnny followed the sun along the primitive country by-ways of Pennsylvania, Ohio, Indiana, and Illinois, introducing and teaching the cultivation of apple trees to large areas of that still-wild country.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, September 1



**HAPPY
★ LABOR ★
DAY!**

**NO SCHOOL
MONDAY,
SEPTEMBER 1**

Tuesday, September 2

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wed., September 3

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w Meat Sauce
Green Beans
Carrots w/ Ranch
Breadsticks
Fruit & Milk Choice

Thursday, September 4

Breakfast

Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Green Beans
Roll
Fruit & Milk Choice

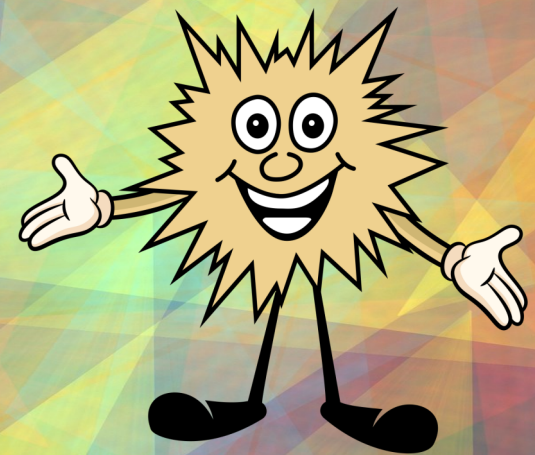
Friday, September 5

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chili,
French Fries, Beans
Fruit & Milk Choice



Monday, September 8

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, September 9

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wed., September 10

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, September 11

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, September 12

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

**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 15

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, September 16

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wed., September 17

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, September 18

Breakfast

Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Chicken Nuggets
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, September 19

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chips, Carrot w/
Ranch
Fruit & Milk Choice



Red blocks Red.



Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as “lycopene.” Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 22

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, September 23

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wed., September 24

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Thursday, September 25

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Glazed Carrots,
Celery Sticks, Roll
Fruit & Milk Choice

Friday, September 26

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, September 29

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, September 30

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Where do all of our
crazy names for
food come
from?



This month: “Picnic”

“Picnic” comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.

