

# SEPTEMBER | 2025

## Bracken County High School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1** NO SCHOOL  
Labor Day

**2** Breakfast:  
Breakfast Tornadoes or  
Cinnamon Bagelful, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Pizza Sticks with Dipping Sauce,  
Mixed Green Salad, Corn, Fruit,  
Milk

**3** Breakfast:  
Biscuits & Gravy or Cherry  
Frudel, Yogurt, Cereal, Fruit,  
Juice, Milk  
Lunch:  
Chicken Fajita, Refried Beans,  
Rice, Fruit, Milk

**4** Breakfast:  
Cinnamon Muffin or Cinnamon  
Roll, Yogurt, Cereal, Fruit, Juice,  
Milk  
Lunch:  
Spaghetti with Meat Sauce,  
Green Beans, Mixed Green  
Salad, Dinner Roll, Fruit, Milk

**5** Breakfast:  
Doughnuts or Pop Tarts, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Grilled Chicken on Bun, Carrots,  
Peas, Fruit, Milk

**8** Breakfast:  
Sausage Biscuit or Cinni Minis,  
Yogurt, Cereal, Fruit, Juice, Milk  
Lunch:  
Pork Riblet on Bun, Potato  
Wedges, Cole Slaw, Fruit, Milk

**9** Breakfast:  
Chicken Biscuit or Strawberry  
Bagelful, Yogurt, Cereal, Fruit,  
Juice, Milk  
Lunch:  
Walking Tacos, Refried Beans,  
Corn, Fruit, Milk

**10** Breakfast:  
Pizza Bagel or Apple Frudel,  
Yogurt, Cereal, Fruit, Juice, Mil  
Lunch:  
Chicken Tenders, Carrots, Mixed  
Green Salad, Fruit, Muffin, Milk

**11** Breakfast:  
Chocolate Muffin or Cinnamon  
Roll, Yogurt, Cereal, Fruit, Juice,  
Milk  
Lunch:  
Chicken Alfredo, Broccoli,  
Green Beans, Dinner Roll, Fruit,  
Milk

**12** Breakfast:  
Doughnut or Pop Tarts, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Corn Dog, Peas, Buttered  
Potatoes, Fruit, Milk

**15** Breakfast:  
Ham Croissant or Cinni Minis,  
Yogurt, Cereal, Fruit, Juice, Milk  
Lunch:  
Chef Salad, French Fries,  
Broccoli, Fruit, Milk

**16** Breakfast:  
Breakfast Tornadoes or  
Cinnamon Bagelful, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Pizza, Mixed Green Salad, Corn,  
Fruit, Milk

**17** Breakfast:  
Biscuits & Gravy or Cherry  
Frudel, Yogurt, Cereal, Fruit,  
Juice, Milk  
Lunch:  
Chicken Tenders, Carrots, Green  
Beans, Cookie Bar, Fruit, Milk

**18** Breakfast:  
Cinnamon Muffin or Cinnamon  
Roll, Yogurt, Cereal, Fruit, Juice,  
Milk  
Lunch:  
Scrambled Eggs, Sausage or  
Ham, Hashbrown Casserole,  
Baked Apples, Biscuit, Milk

**19** Breakfast:  
Doughnuts or Pop Tarts, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Grilled Cheese Sandwich, Peas,  
Potato Wedges, Fruit, Milk

**22** Breakfast:  
Sausage Biscuit or Cinni Minis,  
Yogurt, Cereal, Fruit, Juice, Milk  
Lunch:  
Chicken Patty on Bun, French  
Fries, Broccoli, Fruit, Milk

**23** Breakfast:  
Chicken Biscuit or Strawberry  
Bagelful, Yogurt, Cereal, Fruit,  
Juice, Milk  
Lunch:  
Tacos, Refried Beans, Corn,  
Cookie Bar, Fruit, Milk

**24** Breakfast:  
Pizza Bagel or Apple Frudel,  
Yogurt, Cereal, Fruit, Juice, Milk  
Lunch:  
Pepperoni Calzone, Mixed Green  
Salad, Carrots, Fruit, Milk

**25** Breakfast:  
Chocolate Muffin or Cinnamon  
Roll, Yogurt, Cereal, Fruit, Juice,  
Milk  
Lunch:  
Salisbury Steak, Green Beans,  
Mashed Potatoes, Dinner Roll,  
Fruit, Milk

**26** Breakfast:  
Doughnut or Pop Tarts, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Fish on Bun, Macaroni &  
Cheese, Peas, Fruit, Cookie Bar,  
Milk

**29** Breakfast:  
Ham Croissant or Cinni Minis,  
Yogurt, Cereal, Fruit, Juice, Milk  
Lunch:  
Hot Ham & Cheese on Bun,  
Broccoli, Cole Slaw, Fruit, Milk

**30** Breakfast:  
Breakfast Tornadoes or  
Cinnamon Bagelful, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Pizza Sticks with Dipping Sauce,  
Mixed Green Salad, Corn, Fruit,  
Milk

**1** Breakfast:  
Biscuits & Gravy or Cherry  
Frudel, Yogurt, Cereal, Fruit,  
Juice, Milk  
Lunch:  
Chicken Fajita, Refried Beans,  
Rice, Fruit, Milk

**2** Breakfast:  
Cinnamon Muffin or Cinnamon  
Roll, Yogurt, Cereal, Fruit, Juice,  
Milk  
Lunch:  
Orange Chicken, Stir Fry  
Vegetables, Rice, Egg Roll, Fruit,  
Milk

**3** Breakfast:  
Doughnuts or Pop Tarts, Yogurt,  
Cereal, Fruit, Juice, Milk  
Lunch:  
Pork Tenderloin on Bun,  
Carrots, Peas, Baked Lays, Fruit,  
Milk

**Hamburger on  
Bun is available  
as a second  
choice of entrée  
each day**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete the [USDA Program Discrimination Complaint Online Form](#) (AD-3027) found online at [How to file a Complaint](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.