

SEPTEMBER 2026

Bracken County Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Breakfast:
Scrambled Eggs, Toast, Cereal,
Fruit, Juice, Milk
Lunch:
Pizza Sticks, Corn, Mixed Green
Salad, Fruit, Milk

2 Breakfast:
Pancake Wraps, Cereal, Fruit,
Juice, Milk
Lunch:
Coney Island on Bun, Cole Slaw,
Broccoli, Fruit, Milk

3 Breakfast:
Mini Pancakes, Cereal, Fruit,
Juice, Milk
Lunch:
Salisbury Steak with Gravy,
Mashed Potatoes, Green Beans,
Dinner Roll, Fruit, Milk

4 Breakfast:
Doughnuts, Cereal, Fruit, Juice,
Milk
Lunch:
Fish on Bun, Peas, Macaroni &
Cheese, Chips & Salsa, Fruit,
Milk

7 NO SCHOOL
Labor Day

8 Breakfast:
Pop Tarts, Cereal, Fruit, Juice,
Milk
Lunch:
Bosco Sticks, Mixed Green
Salad, Corn, Fruit, Milk

9 Breakfast:
Muffins, Cereal, Fruit, Juice, Milk
Lunch:
Orange Chicken, Broccoli, Rice,
Egg Roll, Fruit, Milk

10 Breakfast:
Breakfast Tornadoes, Cereal,
Fruit, Juice, Milk
Lunch:
Ravioli, Green Beans, Garlic
Bread, Fruit, Milk

11 Breakfast:
Doughnuts, Cereal, Fruit, Juice,
Milk
Lunch:
Hoagie on Bun, French Fries,
Peas, Fruit, Milk

14 Breakfast:
Pancake Wraps, Cereal, Fruit,
Juice, Milk
Lunch:
Chicken Tenders, Baked Beans,
Cole Slaw, Fruit, Milk

15 Breakfast:
Fruit Pastry, Cereal, Fruit, Juice,
Milk
Lunch:
Pizza Crunchers French Fries,
Mixed Green Salad, Fruit, Milk

16 Breakfast:
Sausage Links, Hash Browns,
Cereal, Fruit, Juice, Milk
Lunch:
Cheese Quesadilla, Refried
Beans, Corn, Scooby Snacks,
Fruit, Milk

17 Breakfast:
Mini Pancakes, Cereal, Fruit,
Juice, Milk
Lunch:
Loaded Baked Potato, Broccoli,
Cottage Cheese, Fruit, Milk

18 Breakfast:
Doughnuts, Cereal, Fruit, Juice,
Milk
Lunch:
Fish Sticks, Peas, Chips &
Salsa, Cookie Bar, Fruit, Milk

21 Breakfast:
Muffins, Yogurt, Cereal, Fruit,
Juice, Milk
Lunch:
Chicken Patty on Bun, French
Fries, Broccoli, Fruit, Milk

22 Breakfast:
Breakfast Tornadoes, Cereal,
Fruit, Juice, Milk
Lunch:
Hamburger on Bun or Hot Dog
on Bun, Baked Beans, Cole
Slaw, Fruit, Milk

23 Breakfast:
Cinnamon Toast, Cereal, Fruit,
Juice, Milk
Lunch:
Pepperoni Calzone, Mixed Green
Salad, Carrots, Fruit, Milk

24 Breakfast:
Pop Tarts, Cereal, Fruit, Juice,
Milk
Lunch:
Spaghetti with Meat Sauce,
Green Beans, Dinner Roll, Fruit,
Milk

25 Breakfast:
Doughnuts, Cereal, Fruit, Juice,
Milk
Lunch:
Walking Tacos, Corn, Refried
Beans, Fruit, Cookie Bar, Milk

28 Breakfast:
French Toast Sticks, Cereal,
Fruit, Juice, Milk
Lunch:
Popcorn Chicken, Potato
Wedges, Baked Beans, Fruit,
Muffin, Milk

29 Breakfast:
Fruit Parfait, Cereal, Fruit, Juice,
Milk
Lunch:
Pizza Sticks, Corn, Mixed Green
Salad, Fruit, Milk

30 Breakfast:
Pancake Wraps, Cereal, Fruit,
Juice, Milk
Lunch:
Coney Island on Bun, Cole Slaw,
Broccoli, Fruit, Milk

Hamburger on Bun
is available as a
second choice of
entrée each day,
unless otherwise
noted on menu

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.

This institution is an equal opportunity provider.