



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

SCHOOL CLOSED

01

TUESDAY

Bean & Cheese Pupusa
Chicken Garden Salad
Yogurt Kit
Wowbutter & Jelly Sandwich
Corn, Salsa
Applesauce, Oranges

02

WEDNESDAY

Crispy Chicken Breast Sandwich
Fruit & Cheese Tray
Turkey Hoagie
Wowbutter & Jelly Sandwich
Baby Carrots, Broccoli
Apple Slices, Oranges

03

THURSDAY

Macaroni & Cheese
Wowbutter & Jelly Sandwich
Bagel Kit
Chicken Caesar Salad
Cornbread, Carrots, Celery
Apple Slices, Apple Juice

04

FRIDAY

Cheese Crunchers Pizza
Meat Lovers Stromboli
Turkey Sandwich
Wowbutter & Jelly Sandwich
Broccoli, Salad Mix
Apples

05

Chicken Tenders & Dinner Roll
BYO Pizza Kit
Grilled Cheese Sandwich
Wowbutter & Jelly Sandwich
Baby Carrots, Broccoli
Applesauce, Oranges

08

Walking Tacos
Chicken Garden Salad
Yogurt Kit
Wowbutter & Jelly Sandwich
Baby Carrots, Black Bean & Corn
Craisins, Oranges

09

Cheesesteak Sandwich
Fruit & Cheese Tray
Hot Dog
Wowbutter & Jelly Sandwich
Baby Carrots, Celery
Apple Slices, Bananas

10

Breaded Chicken Drumstick
Bagel Kit
Chicken Caesar Salad
Wowbutter & Jelly Sandwich
Dinner Roll, Broccoli, Mashed
Potatoes, Apples Slices, Apple Juice

11

Cheese Pizza
Meat Lovers Stromboli
Turkey Ham & Cheese Sandwich
Wowbutter & Jelly Sandwich
Baby Carrots, Celery
Cherry Craisins, Pineapple

12

Cheesy Mac Bites
Grilled Cheese Sandwich
BYO Pizza Kit
Wowbutter & Jelly Sandwich
Baby Carrots, Broccoli
Applesauce, Oranges

15

Chicken Fajitas
Chicken Garden Salad
Yogurt Kit
Wowbutter & Jelly Sandwich
Taco Fiesta Beans, Salsa
Bananas, Oranges

16

Penne in Alfredo Sauce
with Texas Toast
Fruit & Cheese Tray
Turkey Hoagie
Wowbutter & Jelly Sandwich
Baby Carrots, Broccoli
Apple Slices, Oranges

17

Raptor Bowl
Bagel Kit
Chicken Caesar Salad
Wowbutter & Jelly Sandwich
Baby Carrots, Corn
Apple Slices, Orange Juice

18

Meat Lovers Stromboli
French Bread Cheese Pizza
Turkey Ham & Cheese Sandwich
Wowbutter & Jelly Sandwich
Tossed Salad, Celery
Peaches, Apple Juice

19

Breaded Mozzarella Sticks
BYO Pizza Kit
Grilled Cheese Sandwich
Wowbutter & Jelly Sandwich
Marinara Sauce, Broccoli
Apple Slices, Applesauce

22

Breakfast for Lunch with French Toast
Stick & Cheese Omelet or Turkey
Sausage
Yogurt Kit
Wowbutter & Jelly Sandwich
Tater Tots, Celery
Strawberry Craisins, Oranges

23

BBQ Chicken Filet Sandwich
Chicken Garden Salad
Fruit & Cheese Tray
Wowbutter & Jelly Sandwich
Baked Beans, Cucumber
Applesauce, Bananas

24

Chicken Tangerine
Bagel Kit
Chicken Caesar Salad
Wowbutter & Jelly Sandwich
Fried Rice, Carrots, Broccoli
Apple Slices, Orange Juice

25

Mini Cheese Ravioli
Meat Lovers Stromboli
Turkey Ham & Cheese Sandwich
Wowbutter & Jelly Sandwich
Marinara Sauce, Salad Mix
Diced Peaches, Plums

26

Hamburgers
BYO Pizza Kit
Grilled Cheese Sandwich
Wowbutter & Jelly Sandwich
Broccoli, Carrots
Strawberry Applesauce, Oranges

29

Mini Corn Dogs
Chicken Garden Salad
Yogurt Kit
Wowbutter & Jelly Sandwich
Baby Carrots, Tater Tots
Cherry Craisins, Oranges

30



**2nd to 12th Grade
Menu**



EXECUTIVE EDUCATION ACADEMY CHARTER SCHOOL

A full meal consists of entrée, choice of two vegetables, and choice of two fruits.

Meals include Milk (1%, Slim, Fat Free Chocolate, or soy milk) and choice of condiments. All rolls, bread, bagels are whole grain.

SEPTEMBER 2025