



SEPTEMBER 2026 Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday



AUG 31

Grilled Chicken, Caesar Salad, Breadstick, Mandarin Cups, Garden Bar, Choice of Milk

SEP 1

Beef Tacos (2), Refried Beans, Peach Sorbet, Garden Bar, Choice of Milk

2

Ham and Cheese Croissant, Sweet Potato Tots, Apple, Garden Bar, Choice of Milk

3

Chicken Nuggets, Corn, Strawberry Shortcake, Garden Bar, Choice of Milk

4



****NO**
SCHOOL**

7

LABOR DAY

****NO**
SCHOOL**



8

Burgers, Carrots, Apple Sauce, Garden Bar, Choice of Milk

9

Pasta w/ Meat Sauce Tossed Salad, Oranges, Garden Bar, Choice of Milk

10

Grinders - Turkey or Ham, Lettuce, Tomato, & Pickle, Strawberry Cups, Garden Bar, Choice of Milk

11

Domino's Pizza, Celery & Hummus, Apple, Garden Bar, Choice of Milk



14

Chicken Patty, Sweet Potato FF, Apple Slices, Garden Bar, Choice of Milk



15

Walking Tacos Beef or Chicken Black Beans, Pineapple Whip, Garden Bar, Choice of Milk

16

Meatball Subs, Kale Salad, Melon, Garden Bar, Choice of Milk

17

French Toast, Yogurt Cup, Sausage Patty, Breakfast Potato, Pears, Garden Bar, Choice of Milk

18

Domino's Pizza, Red Pepper Strips, Banana, Garden Bar, Choice of Milk



21

Chicken Dumplings, Carrots, Apple Slices, Garden Bar, Choice of Milk

22

Chicken Quesadilla, Corn, Oranges, Garden Bar, Choice of Milk

23

Pancakes, Scrambled Eggs, Baked Beans, Melon, Garden Bar, Choice of Milk

24

Hot Dog on a Bun, Tossed Salad, Fruit Cups, Garden Bar, Choice of Milk

25

Domino's Pizza, Pears, Cucumbers, Garden Bar, Choice of Milk

28

Grilled Cheese w/ Tomato Soup, Peas, Mixed Fruit, Garden Bar, Choice of Milk



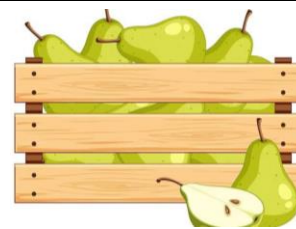
29

Hibachi Chicken & Rice Bowl, Broccoli, Warm Pears w/ Cinnamon, Garden Bar, Choice of Milk



30

Shepherd's Pie, Biscuit, Melon, Garden Bar, Choice of Milk



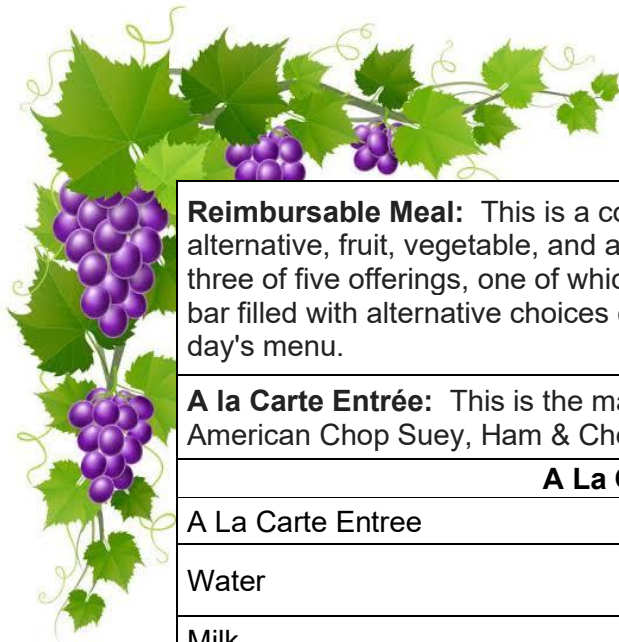
DAILY OFFERINGS INCLUDE ONE OR MORE OF THE FOLLOWING: MUNCHABLE PLATES, YOGURT PLATES, ASSORTED SANDWICHES.

A COMPLETE MEAL INCLUDES AN ENTRÉE, FRUIT, VEGGIE, AND CHOICE OF MILK.

THIS MENU MEETS THE NUTRITIONAL GUIDELINES FOR THE NATIONAL SCHOOL LUNCH PROGRAM AS ESTABLISHED BY THE USDA.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES. MENU SUBJECT TO CHANGE.



Reimbursable Meal: This is a complete meal in which five components (grains, meat/meat-alternative, fruit, vegetable, and a choice of milk) are offered and a student must take at least three of five offerings, one of which needs to be a fruit or a vegetable. Hooksett offers a garden bar filled with alternative choices of fruits and vegetables in addition to the ones that are on the day's menu.

A la Carte Entrée: This is the main entree of a complete meal, ex: Chicken patty on a bun, American Chop Suey, Ham & Cheese Croissant, Grilled Chicken Caesar Wrap, Pizza, etc.

A La Carte Items:	Prices
A La Carte Entree	2.75
Water	.50 for 8oz. 1.00 for 16.9oz
Milk	.50
Premium Water (middle school) 100 % fruit Snapple, plain seltzer and sport top large waters	1.50
Breakfast Entree	2.00
Whole Fruit	.75
Vegetable cups	.75
100 % Fruit Juice	.75
Snacks: whole grain, reduced-fat and -sodium chips, popcorn, sunflower seeds, whole grain and low-sugar pop tart, whole grain Goldfish & Cheez-Its, etc.	1.25
Roll	.50
Extra Dressings	.50
Cheese Stick (low-fat & low-sodium)	.75
Extra Sides (French fries, Caesar salad, etc.)	1.00
Cookie (whole grain reduced-fat & reduced-sodium)	1.25
Ice Cream (low-fat & low-sugar)	1.25
Ice Cream Premium (middle school)	1.25
Yogurt	.75

