SPIRIT LAKE COMMUNITY SCHOOLS

This institution is an equal opportunity provider.

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **Breakfast** Pancakes w/ Syrup Sausage Links Sliced Peaches **Lunch** Crispito Spanish Rice Corn Pears Chocolate Chip Cookie (9-12) 2nd Choice Sub	2 **Breakfast** Whole Wheat Bagel w/ Toppings Strawberries **Lunch** Spaghetti w/ Meat Sauce Garlic Breadstick Garden Salad Green Beans Mandarin Oranges 2nd Choice Sub	3 **Breakfast** Breakfast Wrap w/ Salsa Sliced Pears **Lunch** Taco Fiesta Lettuce & Tomato Refried Beans Apple Cinnamon Roll (6-12) 2nd Choice Sub	4 **Breakfast** Whole Grain Cinnamon Roll Mandarin Oranges **Lunch** Chicken & Noodle Hot Dish Mashed Potatoes Fresh Baby Carrots Grapes Dinner Roll w/Butter (6-12) 2nd Choice Sub
7 **NO SCHOOL**	8 **Breakfast** Biscuit & Gravy Pineapples **Lunch** Popcorn Chicken Roll w/ Butter (6-12) Baked Beans Creamy Cole Slaw Orange 2nd Choice Sub	9 **Breakfast** Long John Fruit Cocktail **Lunch** Tater Tot Hotdish Sliced Bread w/ Butter Cherry Tomatoes Cucumber Slices Blueberries 2nd Choice Sub	10 **Breakfast** Omelet Salsa Fresh Grapes **Lunch** Cheese Pizza Steamed Broccoli Fresh Baby Carrots Peaches 2nd Choice Sub	11 **Breakfast** French Toast Sticks w/Syrup Fruit Cocktail **Lunch** Biscuits & Gravy Sausage Patty (6-12) Hashbrown Patty Peas Strawberries 2nd Choice Sub
14 **Breakfast** Waffles w/ Syrup Pears **Lunch** Pork Rib on a Bun Lettuce & Tomato Sweet Potatoes Puffs Applesauce 2nd Choice Sub	15 **Breakfast** Whole Grain Cinnamon Roll Banana **Lunch** Soft Shell Taco Tortilla Chips w/ Salsa Lettuce and Tomatoes Refried Beans Pears 2nd Choice Sub	16 **Breakfast** Breakfast Pizza Peaches **Lunch** Corn Dog Green Beans Tater Tots Fruit Cocktail Cookie 2nd Choice Sub	17 **Breakfast** Egg Taco w/ Salsa Grahm Cracker Grapes **Lunch** Goulash Carrots Fresh Broccoli Roll w/ Butter Apple Slice 2nd Choice Sub	18 **Breakfast** Muffin Applesauce **Lunch** Chicken Crispito Tortilla Chips (9-12) Salsa Corn Garden Salad Grapes 2nd Choice Sub
21 **NO SCHOOL**	22 **Breakfast** Biscuit & Gravy Fresh Oranges **Lunch** Pepperoni Pizza Corn Red Pepper Strips Sliced Cucumbers Banana 2nd Choice Sub	23 **Breakfast** Pancake w/ Syrup Apple **Lunch** Chicken Nuggets Mashed Potatoes w/ Gravy Tossed Salad Blueberries Cinnamon Roll 2nd Choice Sub	24 **Breakfast** Chicken Biscuit Breakfast Sandwich Fruit Cocktail **Lunch** Chicken Sandwich Baked Beans Sweet Potatoes Fries Peaches Apple Crisp (9-12) 2nd Choice Sub	25 **Breakfast** Pancake on a Stick w/ Syrup Mandarin Oranges **Lunch** Macaroni & Cheese Meatballs Breadstick (6-12) Green Beans Baby Carrots Strawberries 2nd Choice Sub
28 **Breakfast** Waffles w/ Syrup Pineapples **Lunch** Hot Dog on a Bun Potato Wedges Broccoli w/ Cheese Fruit Cocktail 2nd Choice Sub	29 **Breakfast** Pancakes w/ Syrup Sausage Links Sliced Peaches **Lunch** Crispito Spanish Rice Corn Pears Chocolate Chip Cookie (9-12) 2nd Choice Sub	30 **Breakfast** Whole Wheat Bagel w/ Toppings Strawberries **Lunch** Spaghetti w/ Meat Sauce Garlic Breadstick Garden Salad Green Beans Mandarin Oranges 2nd Choice Sub	BREAKFAST IS SERVED EVERYDAY! JOIN US TO START YOUR DAY OFF RIGHT!!! ALL STUDENTS MUST TAKE A SERVING OF FRUIT OR JUICE FOR BREAKFAST AND A FRUIT OR VEGETABLE FOR LUNCH SKIM, CHOCOLATE SKIM & 1% MILK AVAILABLE AT ALL MEALS 100% FRUIT JUICE AVAILABLE AT BREAKFAST MEALS	**Lunch Prices** PK-4th $3.05 5th-12th $3.35 Adult $5.15 **Breakfast Prices** TK/K-12 $2.55 Adult $3.25 MENU SUBJECT TO CHANGE