



ESCAMBIA CHRISTIAN SCHOOL, INC.

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.



LUNCH

MONDAY

Labor Day
CLOSED

01

TUESDAY

Turkey Sandwiches
Fresh Garden Salad
Baked Chips
Fruit Cups

02

WEDNESDAY

Meat & Veggie Wraps
Ranch Dressing
Sweet Potato Fries
Mandarin Cups

03

THURSDAY

Grilled Chicken
Yellow Rice
Whole Grain Rolls
Fresh Salad
Mandarin Oranges (Cup)

04

FRIDAY

Hamburgers
Waffle Fries
Fresh Salad
Fruit Cups

05

International Literacy Day
Tacos
Salad Greens
Corn on the Cob
Fresh Fruit

08

Hot Dogs
Baked Beans
Garden Salad
Jello Fruit Cups

09

Chicken Nuggets
Crinkled Seasoned Fries
Salad -Ranch Dressing
Fruit Cups

10

Baked Lasagna
Garden Salad
Corn
Texas Toast

11

Teriyaki Chicken
Steak Fries
Garden Salad
Fresh Fruit

12

Turkey or Ham Sandwich
Salad Mix
Crinkled Fries
Fruit Salad

15

Chili Nachos (No Beans)
Nacho Cheese
Salad Mix
Fruit Cups

16

Spaghetti & Meat Sauce
Fresh Salad
Bread Sticks
Fresh Fruit

17

Beef Patties & Gravy
Yellow Rice
Green Beans
Fruit Cups

18

Baked Chicken
Mac & Cheese
Green Salad Mix
Fresh Berry Mix

19

Pizza
Salad
Corn on the Cob
Fresh Fruit

22

Sloppy Joe Sliders
French Fries
Salad Mix
Fresh Fruit

23

Grilled Chicken Sandwiches
Baked Chips
Garden Salad
Fruit Cups

24

Meatloaf & Gravy
Mashed Potatoes
Green Peas
WG Rolls & Fruit

25

Chicken Alfredo
Salad
Rolls
Fruit Salad

26

Buttered Noodles
Green Peas & Carrots
WG Grain Crackers
Fruit Cups

29

Fajitas
Yellow Rice
Salad
Fresh Fruit

30



School Meal Information:

All meals are served with 1% White Milk, Fat Free Chocolate Milk, Lactose Free Milk, and Water.

SEPTEMBER 2025