

MENUS FOR SEPTEMBER 2025

Roseville City School District



This institution is an equal opportunity provider. Menus are subject to change.

Monday, September 1



**HAPPY
★ LABOR ★
DAY!**

**NO SCHOOL
MONDAY,
SEPTEMBER 1**

Tuesday, September 2

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN TACO

Wed., September 3

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, September 4

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, September 5

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

Monday, September 8

Breakfast
COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, September 9

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wed., September 10

Breakfast
SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, September 11

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL


Friday, September 12

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST


Lunch
BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

OUR NATION'S HISTORY



John Chapman, better known as Johnny Appleseed, was born September 26, 1774. For 40 years, Johnny followed the sun along the primitive country by-ways of Pennsylvania, Ohio, Indiana, and Illinois, introducing and teaching the cultivation of apple trees to large areas of that still-wild country.



WITH LIBERTY & JUSTICE FOR ALL

**EAT
YOUR
WATER.**



Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

**YOU'RE GOOD
ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR**

Monday, September 15

Breakfast

FIESTA BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
ROTINI WITH MEAT SAUCE

Tuesday, September 16

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN TACO

Wed., September 17

Breakfast

MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, September 18

Breakfast

CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, September 19

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

Monday, September 22

Breakfast

COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, September 23

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wed., September 24

Breakfast

SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, September 25

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, September 26

Breakfast

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Monday, September 29

Breakfast

FIESTA BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
ROTINI WITH MEAT SAUCE

Tuesday, September 30

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN TACO

Where do all of our
crazy names for
food come
from?



This month: "Picnic"

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.



Red blocks Red.



Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html