


# MENUS FOR SEPTEMBER 2025


**Middle School**  
**Roseville City School District**

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

## 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

**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

## AVAILABLE DAILY

**Every complete meal we serve  
comes with the choice of entrée,  
fruit or vegetable sides and  
your choice of low fat white or  
chocolate milk.**

**Other daily  
LUNCH options:**

**DELI SANDWICH  
LARGE SALAD  
PIZZA (select varieties)**



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)