



*September*

Monticello High School 2025  
Lunch Menu



# ***Welcome back students!!***

## **Tips to adjust to new schedules and routines for success!**

- **Bedtimes/Wake Up:**  
Begin going to bed aligning with school days. Wake up routinely at the same time every day. 8-10 Hours of sleep recommended.
- **Eat a Balance Breakfast:**  
Fuel up on a balance of proteins, healthy fats, and carbs to have energy throughout the morning.
- **Drink Water:**  
Hydration is key to maintaining energy.
- **Movement is Medicine**  
Take breaks to maintain focus and avoid burnout.

**DAILY OFFERINGS:**

ASSORTED MILK VARIETY  
ASSORTED FRESH AND CANNED  
FRUIT  
SALAD BAR  
ASSORTED WG SANDWICHES  
ASSORTED WG WRAPS  
WG PB&J W/ CHEESE STICK  
SPECIALTY SALADS  
CHARCUTERIE TO-GO KITS (HS)



# September 1st - 5th

Mon

Labor Day- District Closed

Tue

Conference Day- No Students

Wed

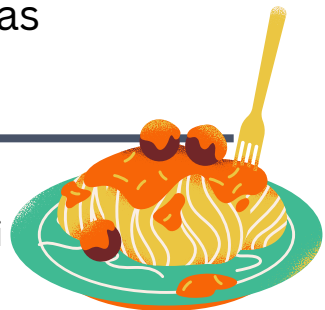
Conference Day- No Students

Thurs

Chicken Bites  
Sides: Sweet Potato Fries and Peas

Fri

Pasta with Meatballs and Red Sauce  
Sides: Breadsticks and Steamed Broccoli  
Vegetarian Option: Vegetarian Meatballs with Pasta and Red  
Sauce



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

**Menus Are  
Subject to Change**

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# September 8th - 12th

Mon

Cheeseburger on a Whole Grain Bun with Sauteed Onions  
 Side: Tater Tots

Vegetarian Option: Veggie Burger on Whole Grain Bun

Tue

Chicken Parmesan with a Breadstick  
 Side: Roasted Broccoli

Vegetarian Option: Eggplant Parmesan

Wed

Soft Shell Beef Tacos  
 Sides: Fiesta Rice, Lettuce, Diced Tomatoes, Diced Onions,  
 Salsa, Sour Cream

Vegetarian Option: Soft Shell Black Bean Tacos

Thurs

BREAKFAST FOR LUNCH!  
 Cheese Omelet, Sausage Patty, English Muffin  
 Side: Zesty Breakfast Potatoes

Vegetarian Option: Hot Meal is Vegetarian w/out Sausage



Fri

Teriyaki Chicken Bowl  
 Sides: Seasoned Rice, Garlic Green Beans, Chow Mein Noodles

Vegetarian Option: See Daily Alternates

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [Your paragraph text](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

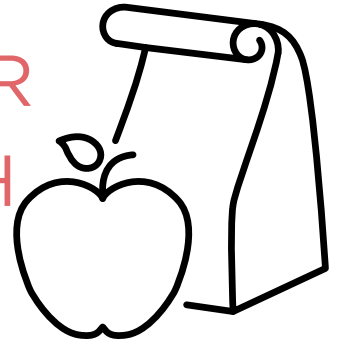
mail:  
 U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410; or  
 fax:  
 (833) 256-1665 or (202) 690-7442; or  
 email:  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)  
 This institution is an equal opportunity provider.

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# SEPTEMBER

## 15TH - 19TH



Mon

Philly Cheesesteak on a Sub Roll  
 Toppings: American White Cheese, Sauteed Onions and Peppers  
 Side: Mixed Vegetable Blend

Vegetarian Option: See Daily Alternates

Tue

Roasted Pork Loin Sauerkraut and Apple sauce  
 Sides: Mashed Potatoes, Onions, Glazed Carrots, and Onion Rye Bread

Vegetarian Option: See Daily Alternates

Wed

Bone-In Roasted Chicken  
 Sides: Rice, Kale Apple Salad, Gravy

Vegetarian Option: See Daily Alternates



Thurs



**NY THURSDAY!**  
 NYS Sabrett's Hot Dogs on a Whole Grain Roll  
 Sides: NYS Roasted Potatoes and Onions

Vegetarian Option: Vegetarian Hot Dogs on Whole Grain Roll

Fri

Assorted Pizza Choices  
 Sides: Tossed Romaine Salad, Roasted Chick Peas

Vegetarian Option: Hot Meal is Vegetarian

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# SEPTEMBER 22ND - 26TH

Mon

General Tso's Chicken  
Sides: Garlic Ginger rice, Steamed Broccoli  
  
Vegetarian Option: See Daily Alternates

Tue

MCSD CLOSED - Rosh Hashana

Wed

Chicken Bites  
Sides: Potato Wedges, Maple Glazed Carrots

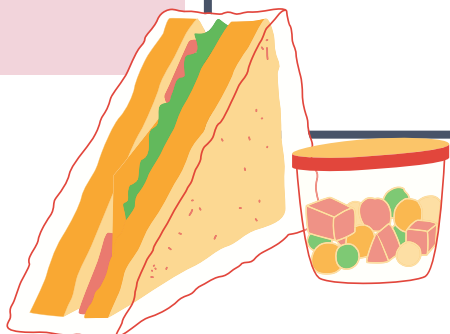
Thurs

Lasagna Roll Ups  
Sides: Caesar Salad, Sauteed Garlic Zucchini and Yellow Squash  
  
Vegetarian Option: Hot Meal is Vegetarian

Fri

BBQ Pulled Pork  
Sides: Watermelon Cucumber Salad with Feta, Corn Bread,  
Baked Potato

Vegetarian Option: See Daily Alternates

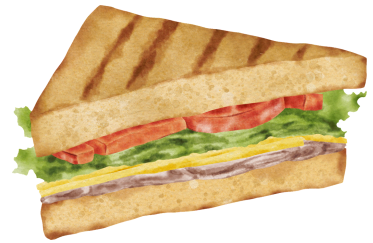


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SEPTEMBER 29TH -  
OCTOBER 3RD



Mon

Korean Beef  
Sides: Rice, Francaise Vegetables

Vegetarian Option: See Daily Alternates

Tue

Hot Ham and Cheese on a Pretzel Bun  
Sides: Tomato Soup and Crackers, Tossed Salad

Vegetarian Option: Grilled Cheese on a Pretzel Bun

Wed

Greek Marinated Boneless Chicken Thighs  
Sides: Pita, Israeli Salad, Tzatziki, Lemon Dill Couscous

Vegetarian Option: Marinated Greek Chick Peas

Thurs

MCSD CLOSED- Yom Kippur

Fri

Mac and Cheese with or with out Ham  
Side: Seasoned Peas

Vegetarian Option: Mac and Cheese without Ham



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