

| MONDAY                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                | FRIDAY                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Beef Soft Taco w/Salsa<br>Sunbutter Sandwich<br>Chicken Ranch BLT Sandwich<br>Diced Chicken Salad w/Roll<br>Black Beans and Side Salad<br>Mixed Fruit and Orange                       | <b>4</b><br>BBQ Chicken Sandwich Melt<br>Sunbutter Sandwich<br>Corn Dog<br>Sliced Apple Salad w/Roll<br>Tater Tots and Cucumbers<br>Diced Pears and Banana                                       | <b>5</b><br>Pancakes and Omelet<br>Sunbutter Sandwich<br>Spicy Chicken Sandwich<br>Chicken Ham & Turkey Cheese Sandwich<br>Celery Sticks and Carrots<br>Warm Cinnamon Sliced Peaches and Mandarin Oranges | <b>6</b><br>Diced Chicken Pene Pasta W/Breadstick<br>Sunbutter Sandwich<br>Cheeseburger<br>Bagel Pizza Pack<br>Spiral Fries and Broccoli Applesauce and Grape Juice                     | <b>7</b><br>Cheese or Pepperoni Pizza<br>Sunbutter Sandwich<br>Bosco Sticks<br>Chicken Ham & Turkey Cobb Salad W/Roll<br>Side Spinach Salad and Red Pepper Strips<br>Apricot Halves and Apple Slices |
| <b>10</b><br>Chili Orange Popcorn<br>Chicken W/Rice<br>Sunbutter Sandwich<br>Pittsburgh Style Chicken Sandwich<br>Flatbread Pizza Pack<br>Edamame and Carrots<br>Mixed Fruit and Orange            | <b>11</b><br>Spaghetti W/Breadstick<br>Sunbutter Sandwich<br>Latin Spiced Popcorn<br>Chicken W/Breadstick<br>Popcorn Chicken Salad W/Roll<br>Waffle Fries and Broccoli<br>Diced Pears and Banana | <b>12</b><br>Lasagna Roll Up W/Breadstick<br>Sunbutter Sandwich<br>Pepperoni Melt<br>Egg Chef Salad W/Roll<br>Parm/Garlic Green Beans and Celery Sticks<br>Diced Peaches and Apple Slices                 | <b>13</b><br>Waffles & Turkey Sausage<br>Sunbutter Sandwich<br>Mini Corndog<br>W/Breadstick<br>Chicken Ham Sandwich<br>Parm/Garlic Green Beans and Celery Sticks<br>Applesauce and Pear | <b>14</b><br>Cheese or Pepperoni Pizza<br>Sunbutter Sandwich<br>Grilled Cheese<br>Turkey & Cheese Sandwich<br>Sliced Cucumber and Side Salad<br>Apricot Halves and Apple Juice                       |
| <b>17</b><br>Alfredo Chicken Pasta W/Breadstick<br>Sunbutter Sandwich<br>Chicken Nuggets W/Breadstick<br>Turkey & Cheese Sandwich<br>Crinkle Fries and Red Pepper Strips<br>Mixed Fruit and Orange | <b>18</b><br>Orange Broccoli Chicken & Rice<br>Sunbutter Sandwich<br>BBQ Chicken Flatbread Sandwich<br>Pretzel and Yogurt Pack<br>Roasted Carrots and Broccoli<br>Diced Pears and Banana         | <b>19</b><br>Walking Taco with Salsa<br>Sunbutter Sandwich<br>Cheese Quedadilla<br>Popcorn Chicken Salad W/Roll<br>Pinto Beans and Squash<br>Diced Peaches and Apple Slices                               | <b>20</b><br>Cheeseburger W/Bufalo Ranch Sauce<br>Sunbutter Sandwich<br>Meatball Pizza Melt<br>Bagel Pizza Pack<br>Rainbow Vegetable Blend and Celery Sticks<br>Applesauce and Pear     | <b>21</b><br>Cheese or Pepperoni Pizza<br>Sunbutter Sandwich<br>Bosco Cheese Sticks<br>Turkey Chef Salad W/Roll<br>Side Spinach Salad and Red Pepper Strips<br>Apricot Halves and Fruit Juice Blend  |
| <b>24</b><br>Hot Honey Waffalaco<br>Sunbutter Sandwich<br>Hotdog<br>Pretzel and Yogurt Pack<br>Tater Tot and Broccoli<br>Mixed Fruit and Orange                                                    | <b>25</b><br>French Toast Sticks W/Turkey Sausage<br>Sunbutter Sandwich<br>Chicken Tender W/Breadstick<br>Taco Salad W/Roll<br>Celery Sticks and BBQ Baked Beans<br>Wam Cinnamon Apples and Pear | <b>26</b><br>Chicken Dumping W/Fried Rice<br>Sunbutter Sandwich<br>Nashville Chicken Sandwich<br>Chicken Caesar Wrap<br>Cauliflower and Green Beans<br>Diced Peaches and Mixed Fruit                      | <b>27</b><br>Turkey Barbacoa Tacos<br>Sunbutter Sandwich<br>Cheese Quesadilla<br>Spicy Popcorn Chicken Po Boy<br>Corn and Red Pepper Strips<br>Diced Pears and Banana                   | <b>28</b><br>Cheese or Pepperoni Pizza<br>Sunbutter Sandwich<br>Chicken Nugget Waffle Sandwich<br>Italian Salad W/Roll<br>Squash and Roasted Carrots<br>Apricot Halves and Pineapple                 |
| <b>31</b><br>Sweet N Sour Popcorn<br>Chicken W/Rice<br>Sunbutter Sandwich<br>Hotdog<br>Chicken Caesar Salad W/Roll<br>Crinkle Fries and Celery Sticks<br>Mixed Fruit and Orange                    |                                                                                                                                                                                                  |                                                                                                                                                                                                           |                                                                                                                                                                                         |                                                                                                                                                                                                      |

# GOTTA GO WITH THE GRAIN!

WHOLE GRAINS ARE HEARTY AND HEALTHY

Whole grains provide fiber for digestion, vitamins for energy and minerals for growth, support overall development and reduce risks for diseases. They keep kids feeling full longer and support a healthy nervous system, making them crucial for growing minds AND bodies!

## NO-BAKE OATMEAL ENERGY BALLS

**PREP TIME:** 20 minutes

**SERVINGS:** 17

**YIELD:** 35 balls

### INGREDIENTS:

- 2 cups rolled oats
- 1 cup natural peanut butter/other nut butter
- ½ cup honey or maple syrup
- ¼ cup mini chocolate chips or raisins
- ¼ cup unsweetened shredded coconut
- ¼ cup cinnamon

### INSTRUCTIONS:

1. Combine oats, peanut butter/nut butter, honey or maple syrup, chocolate chips or dried fruit, cinnamon and coconut in a medium bowl.
2. Stir well to combine.
3. Using a 1-tablespoon measure, roll the mixture into uniform balls.
4. Place on a cookie sheet and refrigerate 10 minutes.
5. Enjoy! Feel free to include nuts, dark chocolate, other dried fruits—get creative!

## WHOLE GRAIN'S THE WORD

SEARCH FOR THE HIDDEN WORDS BELOW!

BARLEY MILLET OATMEAL CEREAL WILD RICE  
FARRO QUINOA POPCORN PASTA BULGUR

V B A R L E Y R A Y Q C A L W S  
T O U E L R O A X B U L G U R D  
C A B C S Q H N P E G J O Y W N  
E T Y A H V U M U P O P C O R N  
R M V R U J W I L D R I C E C Z  
E E F A R R O Z N I A Y D P S Y  
A A N O D F U N X O S E O Z E B  
L L M I L L E T S Y A P A S T A

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aramark  
STUDENT  
NUTRITION



## WHOLE GRAIN OR WHOA GRAIN?

### Concept:

- Identifying whole grains vs refined grains

### How to Play:

1. Show pictures or names of foods
2. Kids give a thumbs-up for Whole Grain and thumbs-down for Refined Grain

### Examples:

Brown rice



White bread



Oatmeal



Sugary cereal



3. Discuss what makes whole grain different from refined grain.

## GRAIN RIDDLES FOR KIDS

1. I'm hard and round, then fluffy and white. *What am I?*  
**Answer: Popcorn**
2. I can be brown, white, wild or long-grained. *What am I?*  
**Answer: Rice**
3. Add water and eat me in a bowl for breakfast. *What am I?*  
**Answer: Oatmeal**

Q:

Why did the bread go to see the doctor?

It was feeling crummy!

A:

Q:

What did the baby corn kernel say to his dad?

Hi pop!

A:

Q:

Where does grain go to sleep at night?

In the bedroom

A:

Q:

What do vegan zombies feed on?

GRAINS!!!

A:

FRESH  
FUNNIES

