

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Taco W/Salsa Sunbutter Sandwich Ranch BLT Chicken Sandwich Diced Chicken Salad W/Roll Pepperoni or Cheese Pizza Black Beans or Side Salad	4 Honey BBQ and Waffle Sandwich Sunbutter Sandwich Corn Dog Apple Slice Salad W/Roll Cheese or Pepperoni Pizza Tater Tots or Cucumber Slices Diced Pears or Banana	5 Pancakes and Omelet Sunbutter Sandwich Spicy Chicken Sandwich Italian Salad W/Roll Pepperoni or Cheese Pizza Celery Sticks or Carrots Warm Cinnamon Peaches or Apple Slices	6 Korean Hot Honey Popcorn Chicken W/Biscuit Sunbutter Sandwich Grilled Cheese Bagel Pizza Pack Cheese or Pepperoni Pizza Spiral Fries or Broccoli Applesauce or Pear	7 Buffalo Chicken Mac and Cheese Sunbutter Sandwich Buffalo Pizza Sticks Egg Chef Salad W/Roll Cheese or Pepperoni Pizza Spinach Side Salad or Red Pepper Strips Apricot Halves or Grape Juice
10 Chili Orange Glazed Popcorn Chicken W/Rice SunbutChter Sandwich Pittsburgh Style Chicken Sandwich Chicken Ham Chef Salad W/Roll Edamame or Carrots Mixed Fruit or Orange	11 Spaghetti W/Breadstick Sunbutter Sandwich Latin Spiced Popcorn Chicken W/Breadstick Popcorn Chicken Salad W/Roll Pepperoni or Cheese Pizza Waffle Fries or Broccoli Diced Pears or Banana	12 Lasagna Roll Up W/Breadstick Sunbutter Sandwich Pepperoni Melt Pretzel Yogurt Pack Pepperoni or Cheese Pizza Parm Garlic Green Beans Or Celery Sticks Diced Peaches or Apple Slices	13 Waffles and Turkey Sausage Sunbutter Sandwich Grilled Cheese Chicken Ham and Cheese Sandwich Cheese or Pepperoni Pizza Red Pepper Strips or California Vegetable Blend Applesauce or Pear	14 Pizza Meatball Melt Sunbutter Sandwich Cheeseburger Baja Salad W/Roll Cheese or Pepperoni Pizza Cucumber Slices or Side Salad Apricot Halves or Apple Juice
17 Alfredo Chicken Pasta W/Breadstick Sunbutter Sandwich Chicken Nugget W/Breadstick Chicken Taco Salad W/Roll Cheese or Pepperoni Pizza Crinkle Fries or Red Pepper Strips Mixed Fruit or Orange	18 Orange Broccoli Chicken W/Rice Sunbutter Sandwich BBQ Chicken Flatbread Sandwich Chicken Ham Chef Salad W/roll Cheese or Pepperoni Pizza Roasted Carrots or Broccoli Diced Pears or Banana	19 Walking Taco Sunbutter Sandwich Cheese Quesadilla Popcorn Chicken Salad W/Roll Cheese or Pepperoni Pizza Pinto Beans or Squash Diced Peaches or Apple Slices	20 Jalapeno Popper Turkey Bacon Burger Sunbutter Sandwich Balsamic Glazed Parmesan Popcorn Chicken W/Breadstick Bagel Pizza Pack Cheese or Pepperoni Pizza	21 Chicken Nugget and Spicy Popcorn Chicken Basket W/Celery & Crinkle Fries Sunbutter Sandwich Grilled Cheese Turkey Chef Salad W/Roll Cheese or Pepperoni Pizza Side Spinach Salad and Carrots Apricot Halves and Grape Juice
24 Hot Honey Wafflaco Sunbutter Sandwich Hot Dog Pretzel Yogurt Pack Cheese or Pepperoni Pizza Broccoli or 5-Way Mixed Vegetables Mixed Fruit and Orange	25 French Toast Sticks & Turkey Sausage Sunbutter Sandwich Chicken Tender W/Breadstick Taco Salad W/Roll Cheese or Pepperoni Salad Tater Tots or Celery Sticks Warm Cinnamon Apple and Pear	26 Chicken Pasta Dumping W/Fried Rice & Sweet Chili Sauce Sunbutter Sandwich Nashville Chicken Sandwich Chicken Caesar Wrap Cheese or Pepperoni Pizza Peas and Carrots and Edamame Diced Peaches and Apple Slices	27 Turkey Barbacoa Tacos W/Cheese Sunbutter Sandwich Cheese Quesadilla Popcorn Chicken Spicy Po Boy Cheese or Pepperoni Pizza Corn and Red Papper Strips Diced Pears and Banana	28 Tater Tot Nachos Sunbutter Sandwich Chicken Nugget Waffle Sandwich Italian Salad W/Roll Cheese or Pepperoni Pizza Spinach Side Salad and Baby Carrot Apricot Halves and Apple Juice
31 Sweet N Sour Chicken W/Rice Sunbutter Sandwich Cheeseburger Chicken Caesar Salad W/roll Cheese and Pepperoni Pizza Crinkle Fries and Celery Sticks Mixed Fruit and Orange	Middle School Lunch		AUGUST 2026	
 				
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*No duplicates on cereal or yogurt. BIC Schools have daily cereal option.				

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

