



Sunrise Academy

Lunch 9-12 Menu - SEP 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	WG Chicken tender 2 ea ¾ c French Fries 22g Ketchup 9 g 1 Fresh apple 15g WG tiger bites crackers 21g 1 oz	WG chicken alfredo pasta 45g 8 oz ¾ c green beans 7g 1 fresh orange 9g	WG Chicken patties 15 g 3 oz ¾ Baked Beans 30g Ketchup 9g ½ c apple slices 15g WG bun 19g 2oz	WG stuffed Cheese Pizza 31 g 5 oz ¾ c baby Carrots 9 g Ranch 1 g ½ c mix fruit 15 g
7	8	9	10	11
No school	WG Chicken Nuggets 16 g 3 oz ¾ c French Fries 23g Ketchup 9g ½ c slice apple 15g WG tiger bites crackers 21g 1oz	WG Rotini Meat Sauce 27 g 8 oz ¾ c green beans 7g 1 fresh Orange 9 g WG Dinner Roll 12 g	Cheeseburger 2 g 3.2 oz ¾ c Baked Beans 30g 1 fresh apple 15 g WG Bun 25 g 2 oz	WG stuffed Cheese Pizza 31 g 5 oz ¾ c baby Carrots 9 g Ranch 1 g ½ c mix fruit 15 g
14	15	16	17	18
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g	WG Barbecue Chicken tender 2 ea ¾ c French Fries 22g Ketchup 9 g 1 Fresh apple 15g WG tiger bites crackers 21g 1 oz	WG Mac and cheese 31g ¾ c green beans 7g 1 fresh orange 9g WG Dinner Roll 12 g	Beef Taco 3 g 3 oz ¾ c baked beans 30 g ½ c slice apple 15 g WG tortilla chips 29 g 2oz	WG stuffed Cheese Pizza 31 g 5oz ¾ c baby Carrots 9 g Ranch 1 g ½ c mix fruit 15 g
21	22	23	24	25
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g	WG Chicken Nuggets 16 g ¾ c French Fries 23g Ketchup 9g 1 fresh apple 15 g WG tiger bites crackers 21g 1 oz	WG chicken alfredo pasta 45g 8 oz ¾ c green beans 7g 1 fresh orange 9g	WG beef hotdog 1 g 3 oz ¾ Baked Beans 30g Ketchup 9g ½ c apple slices 15g WG bun 19g 2oz	WG stuffed Cheese Pizza 31 g 5oz ¾ c baby Carrots 9 g Ranch 1 g ½ c mix fruit 15 g
28	29	30		
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 fresh banana 27 g 4 oz Rice 27 g 1 oz WG bug bites crackers 21g	WG Barbecue Chicken tender 2 ea ¾ c French Fries 22g Ketchup 9 g 1 Fresh apple 15g WG tiger bites crackers 21g 1 oz	WG spaghetti Meatball 27 g 8 oz ¾ c green beans 7g 1 fresh Orange 9 g WG Dinner Roll 12 g		

Notes: Menus are subject to change based on availability of food and unforeseen school closures

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER AND LENDER

MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP

Contact bellasfoodservices@gmail.com for any questions

Choice of Milk and Fresh fruit Selection Included with every lunch