

September 2026

Greater Heights Academy Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 2.64 oz. Maple Eggo Bite Waffles 1/2 c. Diced Peaches 4 oz 100% Fruit Punch 8 oz Milk	2 1 oz. Kellogs Apple Jacks Cereal 1 oz WG Animal Crackers 1/2 c. Mandarin Oranges 4 oz 100% Grape Juice 8 oz Milk	3 2.43 oz Cinnamon Cream Cheese filled Bagel 1/2 c. Strawberry Banana Applesauce 4 oz 100% Orange Juice 8 oz Milk	4 4 oz. Yogurt 1 oz. WG Graham Crackers 1/2 c. Mixed Fruit 4 oz 100% Apple Juice 8 oz Milk
7 	8 2.83 oz. Pizza Bagel 1/2 c. Diced Pineapples 4 oz 100% Fruit Punch 8 oz Milk	9 2 oz. Cherry Apple Crunch Bar 1/2 c. Diced Peaches 4 oz 100% Orange Juice 8 oz Milk	10 2 oz. WG Blueberry Eggo Pancakes 1/2 c. Mandarin Oranges 4 oz 100% Apple Juice 8 oz Milk	11 (2) WG Cinnamon Poptarts 1/2 c. Mixed Fruit 4 oz 100% Fruit Punch 8 oz Milk
14 1 oz WG Trix Cereal 1 oz WG Animal Crackers 1/2 c. Applesauce 4 oz 100% Grape Juice 8 oz Milk	15 3.3 oz Apple Cinnamon Texas Toast 1/2 c. Diced Pineapple 4 oz 100% Orange Juice 8 oz Milk	16 2 oz. WG Blueberry Bread 1/2 c. Cherry Applesauce 4 oz 100% Apple Juice 8 oz Milk	17 2.64 oz. Eggo Maple Pancakes 1/2 c. Diced Peaches 4 oz 100% Fruit Punch 8 oz Milk	18 2 oz WG Cinnamon Roll 1/2 c. Mandarin Oranges 4 oz 100% Grape Juice 8 oz Milk
21 2 oz. Assorted Muffins 1/2 c. Mixed Fruit 4 oz 100% Orange Juice 8 oz Milk	22 2.8 oz. Breakfast Pizza 1/2 c. Cinnamon Applesauce 4 oz 100% Apple Juice 8 oz Milk	23 1 oz WG Lucky Charms Cereal 1 oz WG Animal Crackers 1/2 c. Diced Pineapples 4 oz 100% Fruit Punch 8 oz Milk	24 2.43 oz. Strawberry Cream Cheese filled Bagel 1/2 c. Diced Pears 4 oz 100% Grape Juice 8 oz Milk	25 2 oz. WG Lemon Bread 1/2 c. Diced Peaches 4 oz 100% Orange Juice 8 oz Milk
28 1 oz. Kellogs Fruit Loops Cereal 1 oz. WG Graham Crackers 1/2 c. Mandarin Oranges 4 oz 100% Apple Juice 8 oz Milk	29 3 oz. Sausage & Gravy Breakfast Pizza 1/2 c. Strawberry Banana Applesauce 4 oz 100% Fruit Punch 8 oz Milk	30 4 oz. Yogurt 1 oz WG Animal Crackers 1/2 c. Mixed Fruit 4 oz 100% Orange Juice 8 oz Milk	This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or Lactose	



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Greater Heights Academy Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 A: Pancake Brunch (2) Turkey Sausage (2) WG Pancakes 3/4 c. Hashbrowns B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun 3/4 c. Tater Tots SIDES 1/2 c. Fresh Orange Ketchup Syrup	2 A: Beef Soft Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Pinto Beans Taco Sauce	3 A: Italian Spaghetti 3 oz. Ground Beef 1/4 c. Marinara Sauce 1 c. WG Spaghetti Noodles B: Bosco Sticks (2) Cheese Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Broccoli	4 A: Sloppy Joe Sandwich 3 oz. Beef Sloppy Joe 2 oz. WW Hamburger Bun B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard SIDES 1/2 c. Apple Slices 3/4 c. Glazed Carrots
7 	8 A: Pepperoni Pizza 5 oz. Pepperoni & Cheese Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Apple Slices 3/4 c. Vegetable Juice Blend	9 A: Walking Taco 3 oz. Seasoned Beef 1 oz. Nacho Cheese 2 oz. WG Dorito Chips B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Black Beans Taco Sauce	10 A: Creamy Chicken & Noodles 3 oz. Chicken 1 c. Egg Noodles B: Bosco Sticks (2) Cheese Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Glazed Carrots	11 A: Cheeseburger 3 oz. Beef Patty & Cheese 5 oz. American Cheese 2 oz. WW Hamburger Bun B: Chicken Corndog 4 oz. Chicken Corn Dog SIDES 1/2 c. Apple Slices 3/4 c. Corn on the Cob Ketchup & Mustard
14 A: Pepperoni Pizza 5 oz. Pepperoni & Cheese Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch	15 A: Beef Meatloaf 2.9 oz. Beef Meatloaf 1/2 c. Mashed Potatoes & Gravy 1/4 c. Corn 2 oz. WG Corn Muffin B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun 3/4 c. Potato Wedges SIDES 1/2 c. Fresh Orange	16 A: Chicken Fajitas 3 oz. Fajita Chicken & Cheese (2) WG Tortillas B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Black Beans & Corn Taco Sauce	17 A: Beef Goulash 3 oz. Ground Beef 1 c. WG Elbow Noodles B: Bosco Sticks (2) Cheese Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Mixed Vegetables	18 A: Chicken Nuggets (5) Chicken Nuggets 1.1 oz. WG Dinner Roll BBQ Sauce B: Chicken Corndog 4 oz. Chicken Corn Dog SIDES 1/2 c. Apple Slices 3/4 c. Sweet Potato Crinkle Fries Ketchup & Mustard
21 A: Pepperoni Pizza 5 oz. Pepperoni & Cheese Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch	22 A: Beef Hot Dog 2 oz. Beef Hot Dog 2 oz. WG Hot Dog Bun B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun Mayo SIDES 1/2 c. Fresh Orange 3/4 c. French Fries Ketchup Mustard	23 A: Beef Soft Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Pinto Beans Taco Sauce	24 A: Popcorn Chicken Bowl (6) Popcorn Chicken 1 oz. Shredded Cheddar 1.1 oz. WG Dinner Roll B: Bosco Sticks (2) Cheese Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 1/2 c. Mashed Potatoes & Gravy 1/4 c. Corn	25 A: Crispy Chicken Sandwich 3.29 oz. Breaded Chicken 2 oz. WW Hamburger Bun Mayo B: Chicken Corndog 4 oz. Chicken Corn Dog SIDES 1/2 c. Apple Slices 3/4 c. Sweet Potato Fries Ketchup & Mustard
28 A: Pepperoni Pizza 5 oz. Pepperoni & Cheese Pizza B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch	29 A: Chicken & Waffles (3) Chicken Tenders (2) 1.42 oz. WG Waffles B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun 3/4 c. Tater Tots SIDES 1/2 c. Fresh Orange 3/4 c. Hashbrowns Ketchup Syrup	30 A: Walking Taco 3 oz. Seasoned Beef 1 oz. Nacho Cheese 2 oz. WG Dorito Chips B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Black Beans Taco Sauce	This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or Lactose	

