



Martin Luther
HIGH SCHOOL

SEPTEMBER 2026

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 31 NO SCHOOL	SEPTEMBER 1 WG Pancakes - Turkey Sausage - Turkey Sausage Biscuit - Oranges/Fresh Fruit - Applesauce - Milk 	SEPTEMBER 2 Chocolate Chip Muffin - Egg Patty & Biscuit - Mixed Fruit Cup - Fresh Fruit - Milk 	SEPTEMBER 3 Chocolate Chip French Toast - Sausage Biscuit - Pineapple Tidbits - Juice - Milk 	SEPTEMBER 4 Cheese Omelet - Oatmeal Bar - Bananas - Juice - Milk 
SEPTEMBER 7 NO SCHOOL	SEPTEMBER 8 Sausage Biscuit Sandwich - Fruit - Juice - Milk 	SEPTEMBER 9 Apple Frudel - Egg Patty & Biscuit - Applesauce - Fresh Fruit - Milk 	SEPTEMBER 10 Yogurt Parfait - Sausage Biscuit - Whole Fruit - Milk 	SEPTEMBER 11 Sausage, Egg & Cheese Breakfast Burritos 2 WG Tortillas - Applesauce - Whole Fruit - Milk 
SEPTEMBER 14 NO BREAKFAST OR LUNCH	SEPTEMBER 15 Mini Cinnamon Rolls - Sausage Biscuit - Fresh Fruit - Juice - Milk 	SEPTEMBER 16 Cereal - Cheese Omelet - Fresh Fruit - Juice - Milk 	SEPTEMBER 17 Blueberry Muffin - Cheese Stick - Sausage Biscuit - Fruit Cup - Fresh Fruit - Milk 	SEPTEMBER 18 WG Pancakes - Egg Patties - Fresh Fruit - Juice - Milk 
SEPTEMBER 21 Chocolate Chip Muffin - Applesauce - Sausage Biscuit - Milk 	SEPTEMBER 22 WG Waffles - Egg Patties - Pineapple Tidbits - Milk 	SEPTEMBER 23 Mini Cinnamon Rolls - Egg Biscuit - Fresh Fruit - Juice - Milk 	SEPTEMBER 24 Chocolate Chip French Toast - Sausage Biscuit - Mixed Fruit Cup - Fresh Fruit - Milk 	SEPTEMBER 25 WG Pancakes - Egg Patties - Fresh Fruit - Juice - Milk 
SEPTEMBER 28 Egg & Cheese Omelet - Oatmeal Bar - Cereal - Fruit Cup - Fresh Fruit - Milk 	SEPTEMBER 29 Yogurt Parfait - Sausage Biscuit - Juice - Milk 	SEPTEMBER 30 Sausage, Egg & Cheese Scrambler 2 WG Tortillas - Applesauce - Juice - Milk 		

This institution is an equal opportunity provider. • Menu is subject to change.



Martin Luther
HIGH SCHOOL

LUNCH MENU

SEPTEMBER 1 – SEPTEMBER 30, 2026



MONDAY
AUGUST 31

NO SCHOOL

TUESDAY
SEPTEMBER 1

HAMBURGER ON WG BUN
OR VEGGIE BURGER

- Carrot Sticks
- Cucumber Slices
- SideKick
- Fresh Whole Fruit
- Choice of Milk



WEDNESDAY
SEPTEMBER 2

WALKING TACO

- Taco Meat OR Refried Beans
- Salsa
- Taco Sauce
- Lettuce
- Fresh Fruit
- Choice of Milk



THURSDAY
SEPTEMBER 3

POPCORN CHICKEN BOWL

- Mashed Potatoes
- Corn
- WG Dinner Roll
- Choice of Milk



FRIDAY
SEPTEMBER 4

CHEESE PIZZA OR
SAUSAGE PIZZA

- WG Breadstick
- Cucumber & Cherry Tomato Blend
- Applesauce
- Fresh Fruit
- Choice of Milk



SEPTEMBER 7

NO SCHOOL
LABOR DAY



SEPTEMBER 8

SLOPPY JOE ON WG BUN
OR VEGGIE BURGER

- Seasoned Fries
- Carrots & Celery
- SideKick/Sorbet
- Fresh Fruit
- Choice of Milk



SEPTEMBER 9

SWEET & SOUR POPCORN CHICKEN
OR VEGGIE NUGGETS

- Brown Rice
- Stir-Fry Vegetables
- Pineapple
- Fresh Orange
- Choice of Milk



SEPTEMBER 10

CHICKEN QUESADILLA
OR CHEESE QUESADILLA

- Corn
- Lettuce & Tomato
- Mixed Fruit Cup
- Fresh Apple
- Choice of Milk



SEPTEMBER 11

PENNE WITH BEEF MEAT SAUCE
OR MEATLESS PENNE/MARINARA
+ CHEESE

- Broccoli
- Cucumber
- Applesauce
- Fresh Fruit
- WG Garlic Bread/Breadstick as needed
- Choice of Milk



SEPTEMBER 14

NO SCHOOL
BREAKFAST OR LUNCH

SEPTEMBER 15

HOT DOG ON WG BUN
+ MAC & CHEESE
OR GRILLED CHEESE

- Potato Wedges
- Carrots & Celery
- Apple
- Sherbet/Sorbet
- Choice of Milk



SEPTEMBER 16

CHICKEN ALFREDO WITH
WG PASTA OR
MEATLESS/CHEESE ALFREDO

- Broccoli
- Roasted Peppers & Carrots
- Pineapple
- Fresh Fruit
- Choice of Milk



SEPTEMBER 17

CHILI + WG CORNBREAD
OR VEGETARIAN CHILI

- Cucumber/Tomato Blend
- Corn
- Mixed Fruit Cup
- Fresh Orange
- Choice of Milk



SEPTEMBER 18

CHICK-FAUX-LAY DAY!

- Crispy Chicken Sandwich on WG Bun OR Veggie Burger
- Waffle Fries
- Dry Vegetable
- Pickles
- Chick-Faux-Lay Sauce
- Choice of Milk



MONDAY • SEPTEMBER 21
MARDI GRAS CELEBRATION!

SOUTHERN CHICKEN & WAFFLES
OR VEGGIE NUGGETS & WAFFLE

- Southern Green Beans
- Syrup
- Carrots
- SideKick/Sorbet
- Fresh Fruit
- Choice of Milk



TUESDAY • SEPTEMBER 22
MARDI GRAS CELEBRATION!

SPARTATHON – CHEESE OR
PEPPERONI PIZZA

- Vegetable Juice
- Carrot Pack
- Fruit Juice
- Fruit Choice
- Ice Cream Cup
- Choice of Milk



WEDNESDAY • SEPTEMBER 23
MARDI GRAS CELEBRATION!

CREOLE JAMBALAYA BOWL

- Brown Rice
- Chicken
- Andouille Sausage
- Cajun Seasoning
- WG Dinner Roll
- Fruit
- Choice of Milk



THURSDAY • SEPTEMBER 24
MARDI GRAS CELEBRATION!

CAJUN CHICKEN,
RED BEANS & RICE

- Seasoned Steamed Cabbage
- WG Cornbread
- Fruit
- Choice of Milk



FRIDAY • SEPTEMBER 25
MARDI GRAS CELEBRATION!

CHICKEN STRIP PO' BOY

- WG Hoagie
- Creole Remoulade
- Cajun Fries
- Creamy Southern Coleslaw
- Lettuce, Tomato, Pickles
- Choice of Milk



MONDAY • SEPTEMBER 28
WG MINI CHICKEN CORN DOGS
OR CHEESE QUESADILLA

- Steamed Broccoli
- Carrot Sticks
- SideKick/Sorbet
- Fresh Fruit
- Choice of Milk



TUESDAY • SEPTEMBER 29
TACO TUESDAY –
SOFT SHELL TACOS

- Taco Meat OR Refried Beans
- Soft Flour Tortillas
- Lettuce, Diced Tomatoes
- Corn
- Salsa, Taco Sauce
- Pineapple
- Fresh Fruit
- Choice of Milk



WEDNESDAY
SEPTEMBER 30, 2026
SPARTAN SIGNATURE
SANDWICH REVEAL!

Something EPIC is coming!



SPARTAN
GARLIC BUTTER
PARMESAN FRIES

Tossed in garlic butter,
parmesan & parsley.
Golden. Bold. Built Spartan.



Fresh Vegetable

Fruit Choice

Choice of Milk

Featuring our new:
SPARTAN SAUCE!

GOOD FOOD.

GOOD FRIENDS.

DON'T MISS IT!

GREAT MEMORIES.

We're glad you're here!

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