

OVERBROOK SCHOOL FOR THE BLIND

September 2025 Menu ~ K-8

Vegetable of the Month is PEPPERS

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Labor Day Holiday	2 Baked Chicken Nuggets w/BBQ Dipping Sauce WG Seasoned Noodles Steamed Spinach Fresh Strawberries Mighty Milk	3 Taco Salad Steamed Corn Chilled Mandarin Oranges Milk	4 Stuffed Pepper Steamed Carrots WG Roll Chilled Pear Milk	5 Irresistible Cheese Pizza Steamed Broccoli Chilled Peaches Milk
8 Tomato Soup Grilled Cheese Big Bad Baked Beans Tree Top Broccoli Power Apple Wedges Mighty Milk	9 Chef Brad's Special Chicken Tetrazzini Steamed Popeye's Spinach W G Roll Chilled Pears Mighty Milk	10 Volcanic Meatloaf Sweet Potato Puffs Steamed Green Beans Pee Wee Peaches Mighty Milk	11 Marvelous Macaroni and Cheese Stewed Tomatoes Chilled Applesauce Mighty Milk	12 Chicken Salad Sandwich Steamed Carrots Appealing Apricots Mighty Milk
15 Terrific Turkey and Cheese on WG Bun Crunchy Steamed Carrot Celery Sticks Chilled Pears Mighty Milk	16 Baked Chicken Nuggets w/ BBQ Dipping Sauce WG Seasoned Noodles Steamed Broccoli Chilled Peaches Mighty Milk	17 Luck of the Irish Shepherd's Pie Steamed Peas Celery Sticks WG Dinner Roll Applesauce Mighty Milk	18 Down Home BBQ Chicken Healthy Brown Rice Steamed Spinach WG Roll Mandarin Oranges Mighty Milk	19 Baked Fish Sticks Baked Fries Steamed Green Beans Vegetarian Baked Beans WG Roll Amazing Fruit Cocktail Mighty Milk
22 Hamburger on WG Bun Glazed Carrots Crunchy Apple Slices Mighty Milk	23 Chicken Cheesesteak Sandwich on WG Bread Brazen Broccoli Rockin' Raisins Mighty Milk	24 Appetizing Flat Bread Pizza Steamed Spinach Locally Sourced Apple Mighty Milk	25 Flavorful Chicken Parmigianino W G Noodles Steamed Spinach W G Roll Chilled Peaches Mighty Milk	26 Chef Danny's Savory Pulled Chicken Sandwich on WG Roll Steamed Corn Fiesta Fruit Cocktail Mighty Milk
29 OSB Riblet Sandwich Steamed Broccoli Chilled Pears Milk	30 Chef Matt's Beef Skillet with Rice and Mushrooms Steamed Carrots Chilled Peaches Milk			

Weekly Nutrition Averages for the Month of September 2025: 638 Calories, 59% Carbohydrate, 21% Protein, 20% Fat **This institution is an equal opportunity provider and employer.