

Shepherd School District #37

SEPTEMBER LUNCH MENU 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL TODAY	2 Corn Dogs 5 Star Salad Bar Fruit MILK - Variety	3 Turkey Subs 5 Star Salad Bar Fruit MILK - Variety	4 Chicken Nuggets 5 Star Salad Bar Fruit MILK - Variety	5 Pizza Sticks 5 Star Salad Bar Fruit MILK - Variety
8 French Toast Sticks Sausage Links Hash Brown 5 Star Salad Bar Fruit MILK - Variety	9 Chicken Fajitas 5 Star Salad Bar Fruit MILK - Variety	10 Beef Pot Roast Mashed Potatoes Brown Gravy 5 Star Salad Bar Fruit MILK - Variety	11 Meatball Subs 5 Star Salad Bar Fruit MILK - Variety	12 Chrispitos 5 Star Salad Bar Fruit MILK - Variety
15 Pulled Pork Sandwich 5 Star Salad Bar Fruit MILK - Variety	16 Nacho Surprise 5 Star Salad Bar Fruit MILK - Variety	17 Chicken Patty Sandwich 5 Star Salad Bar Fruit MILK - Variety	18 Ravioli Bread Sticks 5 Star Salad Bar Fruit MILK - Variety	19 Pepperoni Pizza 5 Star Salad Bar Fruit MILK - Variety
22 NO SCHOOL TODAY	23 Soft Shell Taco 5 Star Salad Bar Fruit MILK - Variety	24 Country Fried Steak Mashed Potatoes Country Gravy 5 Star Salad Bar Fruit MILK - Variety	25 Mac & Cheese Chicken Strips Baked Beans 5 Star Salad Bar Fruit	26 Hamburgers French Fries 5 Star Salad Bar Fruit MILK - Variety
29 Chili Cinnamon Rolls 5 Star Salad Bar Fruit MILK - Variety	30 Hot Dog Chili Dogs 5 Star Salad Bar Fruit MILK - Variety			

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.