

September 2026



Most kids already know that fruits and vegetables are healthy food choices, but that is not the only reason to enjoy them. Fruits and vegetables are naturally low in calories, so you get lots of nutrition without eating unhealthy fats. Fruits and vegetables add interest and texture to your meal, and can be found in every color of the rainbow. They are also versatile--besides being a great addition to all sorts of recipes, most fruits and many vegetables are ready to eat just as they are, making them a perfect snack food.

IOLA SCANDINAVIA SCHOOL DISTRICT LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Corn Dogs Baked Beans Tossed Salad w/Romaine Tropical Fruit Granola Bar	2 Tacos WK Corn Shredded Lettuce Diced Tomatoes/Salsa Applesauce W/G Muffin	3 Popcorn Chicken Potato Wedges Tossed Salad w/Romaine Mandarin Oranges Goldfish Pretzels	4 Portesi's Italian Flat Bread w/Marinara Sauce Steamed Carrots Tossed Salad w/Romaine W/G Garlic Toast Peaches
7 Labor Day – No School 	8 Breaded Chicken Patty on a W/G Bun Baked Beans Tossed Salad w/Romaine Applesauce Graham Snack (9-12)	9 Pizza w/Assorted Toppings Mixed Vegetables Tossed Salad w/Romaine Mandarin Oranges/Juice Breadstick (9-12)	10 Chicken Nuggets Macaroni & Cheese Steamed Carrots Tossed Salad w/Romaine Pears Cheese-its	11 Cheeseburger on a W/G Bun French Fries Tossed Salad w/Romaine Tomato Slices/Pickles Fresh Fruit
14 Hot Dog on a W/G Bun Potato Salad Green Beans Tossed Salad w/Romaine Apple Sauce Baked Chips (6-12)	15 Nachos WK Corn/Black Beans Shredded Lettuce Diced tomatoes/Salsa Apple Slices W/G Muffin (9-12)	16 Quesadilla w/Salsa & Cheese Steamed Carrots Tossed Salad w/Romaine Tropical Fruit Rice Krispy Treat (9-12)	17 Popcorn Chicken Tator Tots Tossed Salad w/Romaine Peaches Goldfish Pretzels	18 Cheese or Pepperoni Pizza Steamed Broccoli Celery Sticks/Peanut Butter Mandarin Oranges Breadstick (9-12) Ice Cream
21 Mozzarella Dippers Steamed Carrots Tossed Salad w/Romaine Fruit Cocktail Graham Snack	22 Tacos (4K-6) Walking Tacos (7-12) Black Beans/WK Corn Shredded Lettuce Diced Tomatoes/Salsa Apple Slices Cheddar Goldfish (9-12)	23 Garlic French Bread Mixed Vegetables Tossed Salad w/Romaine Peaches/Juice Sherbert Cup	24 Chicken Drumsticks French Fries Celery/Carrots w/Ranch Slushie Cup Chocolate Chip Cookie	25 Professional Development Day No School 
28 Breaded Chicken Patty on a W/G Bun Broccoli w/Cheese Sauce Tossed Salad w/Romaine Pears Goldfish Pretzels (9-12)	29 Tacos (4K-6) Build Your Own Burrito WK Corn/Refried Beans Shredded Lettuce Diced Tomatoes/Salsa Apple Slices Banana Oat Bar (9-12)	30 Brunch for Lunch French Toast Sticks Sausage or Yogurt Tator Tots Strawberry Cup Fruitables Nutrigrain Bar (9-12)		

Choice of 1% white milk or 1% chocolate milk is included daily. Students **must** take at least one serving of produce before they sit down with their tray.
W/G=made with 51% or more whole grain. 4K-8, 6-12, 9-12 = choice offered to those grades only. When available, students may have a cold sandwich or Yogurt & String Cheese instead of the daily hot entrée. *Menu items are subject to change without notice

This institution is an equal opportunity provider