


# Menus for September 2025

**CNMI Public School  
System, Child  
Nutrition Program**


USDA is an equal opportunity provider.  
Menus are subject to change.



## ★ OUR NATION'S HISTORY ★



**J**ohn Chapman, better known as Johnny Appleseed, was born September 26, 1774. For 40 years, Johnny followed the sun along the primitive country by-ways of Pennsylvania, Ohio, Indiana, and Illinois, introducing and teaching the cultivation of apple trees to large areas of that still-wild country.



## ★ WITH LIBERTY & JUSTICE FOR ALL ★

**Monday, September 1**



**HAPPY  
★ LABOR ★  
DAY!**

**NO SCHOOL  
MONDAY,  
SEPTEMBER 1**

**Tuesday, September 2**

**Breakfast**

Grilled Ham  
with Fried Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**

Sloppy Joes  
Sweet Potato Fries  
Taco Seasoned Lentils  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

**Wed., September 3**

**Breakfast**

Breakfast Pizza  
Fresh Fruit/Fruit Smoothie

**Lunch**

Beef Steak w/Green Peas & Onions  
Red Rice  
Carrots  
Fresh Fruit

**Secondary Second Choice**

Chicken Nuggets w/ Dipping Sauce  
Seasoned Potato Wedges  
Honey Ginger Green Beans  
WGR Dinner Roll  
Fresh Fruit

**Thursday, September 4**

**Breakfast**

Fried Rice w/  
Portuguese Sausage  
Fresh Fruit/Fruit Smoothie

**Lunch**

Beef Lasagna  
Garlic Cauliflower & Spinach  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Fresh Fruit

**Friday, September 5**

**Breakfast**

French Toast w/ Syrup  
Sausage  
Fruit

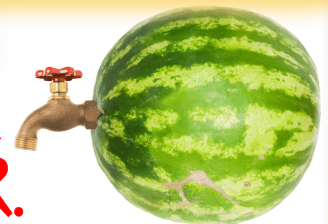
**Lunch**

Oven Fried Chicken  
Red Rice  
Corn & Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Korean Chicken Bowl  
Steamed Rice  
Corn & Local Vegetables  
Fresh Fruit

**EAT  
YOUR  
WATER.**



Your go-to choice for hydration should be good old H<sub>2</sub>O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**Monday, September 8**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Thai Beef Noodle Bowl  
Red Bell Peppers  
Mixed Vegetables  
Fresh Fruit

**Tuesday, September 9**

**Breakfast**

Garlic Fried Rice w/  
Chicken Nuggets  
Fresh Fruit/Fruit Smoothie

**Lunch**

Chicken Burger  
Green Salad w/ Cucumber  
Carrots w/ Dressing  
Fresh Fruit

**Secondary Second Choice**

Chicken Caesar Salad  
WGR Garlic Bread & Croutons  
Fresh Fruit

**Wed., September 10**

**Breakfast**

Mac & Cheese 2.0  
Fresh Fruit/Fruit Smoothie

**Lunch**

Pork Curry  
Steamed Rice  
Potatoes & Carrots  
Fresh Fruit

**Secondary Second Choice**

Buffalo Chicken Slides on  
WGR Dinner Roll  
Corn Succotash  
Fresh Fruit

**Thursday, September 11**

**Breakfast**

Ham & Egg Scramble  
Steamed Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**

Spaghetti Bolognese  
WGR Roll  
Broccoli  
Spanish Chickpeas  
Fresh Fruit

**Secondary Second Choice**

Chicken Caesar Salad  
WGR Garlic Bread & Croutons  
Spanish Chickpeas  
Fresh Fruit

**Friday, September 12**

**Breakfast**

Pancakes w/ Syrup  
Bacon  
Fruit

**Lunch**

Chicken Adobo  
Steamed Rice  
Pumpkin & Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Kimchee Fried Rice  
w/ Chicken Bowl  
Pumpkin & Local Vegetables  
Fresh Fruit

we will never forget



## PATRIOT DAY

9/11



**Monday, September 15**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Teriyaki  
Steamed Rice  
Garlic Pacific Blend Vegetables  
Fresh Fruit

**Tuesday, September 16**

**Breakfast**

Fried Rice w/ Portuguese Sausage  
Fresh Fruit/Fruit Smoothie

**Lunch**

Marianas BBQ Burger  
Sandwich Sides  
Potato Wedges  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Fresh Fruit

**Wed., September 17**

**Breakfast**

Grilled Cheese  
Fresh Fruit/Fruit Smoothie

**Lunch**

Korean Braised Beef  
w/ Broccoli & Onions  
Steamed Rice  
Carrots  
Fresh Fruit

**Secondary Second Choice**

Chicken Kelaguen w/ Titiyas  
Carrot Sticks & Cucumber Sticks  
w/ Dip  
Fresh Fruit

**Thursday, September 18**

**Breakfast**

Apple Cinnamon Pan Pancakes  
Bacon  
Fresh Fruit/Fruit Smoothie

**Lunch**

Pepperoni Pizza  
Green Salad w/ Tomatoes  
& Dressing  
Taco Seasoned Lentils  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

**Friday, September 19**

**Breakfast**

French Toast w/ Syrup  
Sausage  
Fruit

**Lunch**

Kung Pao Chicken 2.0  
Steamed Rice  
Sesame Broccoli  
Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Beef & Broccoli  
Steamed Rice  
Local Vegetables  
Fresh Fruit



**What's on  
YOUR  
plate?**

**Red blocks Red.**



Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, September 22**

**Intersession Day  
No Public School**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Breaded Chicken w/ Gravy  
Mashed Potatoes  
Corn  
WGR Dinner Roll  
Fresh Fruit

**Tuesday, September 23**

**Breakfast**

Sausage  
Steamed Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**

Sub Sandwich on WGR Bun  
Sandwich Sides & Green Salad  
w/ Tomatoes & Dressing  
Fresh Fruit

**Secondary Second Choice**

Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Fresh Fruit

**Wed., September 24**

**Breakfast**

Toasted Ham & Cheese  
Fresh Fruit/Fruit Smoothie

**Lunch**

Pork Ginger  
Steamed Rice  
Sesame Broccoli & Carrots  
Fresh Fruit

**Secondary Second Choice**

Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fresh Fruit

**Thursday, September 25**

**Breakfast**

Garlic Fried Rice w/ Chicken  
Nuggets  
Fresh Fruit/Fruit Smoothie

**Lunch**

Chicken Alfredo Penne Pasta  
Lemon Garlic Cauliflower & Carrots  
Italian Bean Salad  
Fresh Fruit

**Secondary Second Choice**

Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Italian Bean Salad  
Fresh Fruit

**Friday, September 26**

**Breakfast**

Pancakes w/ Syrup  
Bacon  
Fruit

**Lunch**

BBQ Chicken  
Red Rice  
Local Vegetables & Corn  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Creole Fish Sandwich w/  
Spicy Remoulade Sauce  
Corn & Local Vegetables  
Fresh Fruit

**Monday, September 29**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Honey Garlic Chicken Stir Fry  
Steamed Rice  
Carrots  
Broccoli  
Fresh Fruit

**Tuesday, September 30**

**Breakfast**

Grilled Ham  
with Fried Rice  
Fresh Fruit/Fruit Smoothie

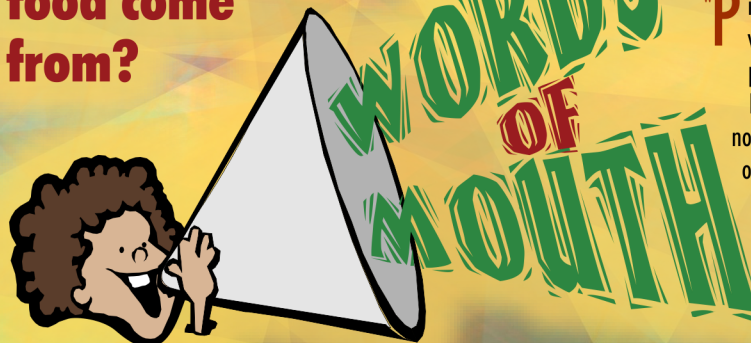
**Lunch**

Sloppy Joes  
Sweet Potato Fries  
Taco Seasoned Lentils  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

**Where do all of our  
crazy names for  
food come  
from?**



**This month: "Picnic"**

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.

