



SEPTEMBER 2026

★ MORIAH CENTRAL SCHOOL ★ ★ ★

Every day we offer a varied salad bar full of fresh fruits, vegetables, freshly made salads and homemade dressings.



**EVERY
VIKING
EATS
FOR FREE!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	<i>Welcome Back</i> 3 Grilled Chicken Sandwich All the Fixings Homemade Picnic Salads Watermelon & Milk	4 Pizza Cheese or Pepperoni Fruits and Veggies Milk <i>Homemade Chocolate Chip Cookie</i>
7 <i>Labor Day No School</i>	8 <i>Taco Tuesday!</i> Local Beef Tacos All the Fixings! Cilantro Lime Rice Black Beans Fruits and Veggies Milk	9 <i>Baked Ziti</i> Homemade Garlic Bread Roasted Vegetables Fruits and Veggies Milk	10 <i>Dumpling Day!!</i> Dumplings with Fried Rice Fruits and Veggies Milk	11 <i>French Bread Pizza</i> Choice of Cheese, Pepperoni Or Buffalo Chicken Fruits and Veggies Milk <i>Homemade Brownie</i>
14 BLT Sub Pasta Salad Fruits and Veggies Milk	15 <i>Chicken Burrito</i> Spanish Rice Beans Fruits and Veggies Milk	16 <i>Homemade Lasagna</i> Roasted Vegetables Garlic Bread Stick Fruits and Veggies Milk	17 <i>Sausage Peppers & Onions</i> Potato Salad Fruits and Veggies Milk	18 <i>Viking Lunchables</i> Cheese and Marinara Fruits and Veggies Milk <i>Homemade Carrot Cake</i>
21 Italian Dunkers With Marinara Roasted Broccoli Fruits and Veggies Milk	22 Local Beef Nachos Homemade Cheese Sauce Beans and all the fixings! Fruits and Veggies Milk	23 <i>Goulash</i> Homemade Garlic Bread Roasted Vegetables Fruits and Veggies Milk	24 Baked Chicken Mashed Potatoes & Corn Fruits and Veggies Milk	25 <i>English Muffin Pizza</i> Cheese or Pepperoni Fruits and Veggies Milk <i>Homemade Cowboy Cookie</i>
28 Macaroni & Cheese BBQ Chicken Roasted Carrots Fruits and Veggies Milk	29 Quesadilla Chicken or Cheese Rice and Beans Fruits and Veggies Milk	30 Tomato Soup Grilled Cheese on Homemade Bread Fruits and Veggies Milk		

Moriah Central School encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one being ½ cup fruits or vegetable to constitute a reimbursable meal.

Alternate lunch choices include PB&J Sandwich, Sun butter and Jelly Sandwich or Egg Salad Sandwich

