

EXCEL SEPTEMBER MENU

2026

Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering
303-778-0916

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> -Hot- Cheese Lasagna Roll Up Romaine Salad Italian Dressing Cinnamon Apples -Cold- Chef Salad Deli Ham, Turkey Hard Boiled Egg Shredded Cheddar Romaine Lettuce Ranch Dressing WW Cornbread Muffin Whole Apple	2 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Apple Juice</i> <i>Assorted Berries</i> -Hot- Breakfast Burrito Scrambled Eggs Cheddar Cheese, Salsa Hash Browns Fresh Green Apple -Cold- BBQ Chicken Wrap Grilled Chicken in BBQ Sauce Shredded Cheddar WW Tortilla Dilled Potato Salad Whole Orange	3 <i>Apple Cinnamon</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> -Hot- Chicken Potstickers Brown Rice Soy Sauce Steamed Carrots Orange Quarters -Cold- Chicken Pesto Pasta Salad Celery Sticks Grapes	4 <i>Pumpkin Muffin</i> <i>String Cheese</i> <i>Grape Juice</i> <i>Applesauce Cup</i> -Hot- Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Watermelon Frozen Juice Cup -Cold- Turkey & Cheddar Sandwich Deli Turkey Cheddar Cheese WW Bread Cold Chickpea Salad Banana
7 Labor Day	8 <i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> -Hot- Grilled Cheeseburger American Cheese Wheat Bun, Ketchup Baked Beans Strawberry Frozen Juice Cup -Cold-	9 <i>Lemon Poppyseed</i> <i>Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> -Hot- Pancakes, Syrup Chicken Sausage Patty Hash Browns Orange Quarters -Cold-	10 <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> -Hot- Macaroni & Cheese Popcorn Chicken Steamed Broccoli Fresh Green Apple -Cold- Chicken Ceasar Salad Grilled Chicken	11 <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> -Hot- Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Carrots Cinnamon Apples -Cold-

	Taco Chicken Wrap Seasoned Chicken Shredded Cheddar WW Tortilla Mexican Corn Salad Whole Apple	Snack Pack Plate Hard Boiled Egg WW Pita Hummus Bell Peppers Grapes	Shredded Parmesan Romaine Lettuce Ceasar Dressing Garlic Knot Fruit Cup	Club Sandwich Deli Ham, Turkey Sliced Cheddar WW Bun Celery Sticks Banana
14 <i>Apple Frudel</i> <i>Fruit Punch</i> <i>Fresh Green Apple</i> -Hot- Seasoned Beef Chili Shredded Cheddar Cornbread Muffin Baked French Fries Berry Crisp -Cold- Ham & Provolone Sandwich Deli Ham Sliced Provolone WW Bread Carrots Dried Fruit	15 <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> -Hot- French Toast Sticks Chicken Sausage Patty Syrup Hash Browns Orange Quarters -Cold- Crispy Chicken Salad Chicken Tenders Shredded Cheddar Romaine Lettuce Tomatoes, Cucumbers Ranch Dressing WW Cornbread Muffin Whole Apple	16 <i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>Apple Juice</i> <i>Applesauce Cup</i> -Hot- Red Chicken Tamales Cheddar Cheese, Salsa Refried Beans Cinnamon Peaches -Cold- Turkey & Cheddar Sandwich Deli Turkey Cheddar Cheese WW Croissant Ranch Potato Salad Banana	17 <i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> -Hot- Pizza Roll Up Turkey Pepp & Mozz Marinara Sauce Steamed Carrots Cinnamon Apples -Cold- Build-A-Pizza Plate WW Pita, Pizza Sauce Shredded Mozzarella Turkey Pepperoni Celery Sticks Fruit Cup	18 No School
21 <i>Breakfast Bar</i> <i>Fruit Punch</i> <i>Fresh Apple</i> -Hot- Chicken & Cheese Quesadillas Salsa Black Beans Cinnamon Peaches -Cold- Italian Sandwich Deli Ham, Turkey Turkey Pepperoni Sliced Provolone WW Bun Carrots Fruit Cup	22 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> -Hot- Cheese Stuffed Breadsticks Marinara Dipping Sauce Mixed Veggies Berry Crisp -Cold- Chef Salad Deli Ham, Turkey Hard Boiled Egg Shredded Cheddar Romaine Lettuce Ranch Dressing WW Cornbread Muffin Whole Apple	23 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>Apple Juice</i> <i>Assorted Berries</i> -Hot- Beef Meat Sauce Rotini Pasta Steamed Broccoli Sliced Pears -Cold- BBQ Chicken Wrap Grilled Chicken in BBQ Sauce Shredded Cheddar WW Tortilla Dilled Potato Salad Whole Orange	24 <i>Banana Chocolate Chip</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> -Hot- Chicken Nuggets Buttermilk Biscuit BBQ Sauce Steamed Carrots Orange Quarters -Cold- Chicken Pesto Pasta Salad Celery Sticks Grapes	25 <i>Pumpkin Muffin</i> <i>String Cheese</i> <i>Grape Juice</i> <i>Applesauce Cup</i> -Hot- Breakfast Sandwich Croissant Egg Patty Cheddar Cheese Hash Browns Cinnamon Apples -Cold- Turkey & Cheddar Sandwich Deli Turkey Cheddar Cheese WW Bread Cold Chickpea Salad Banana

28	29	30	Oct.1	2
<i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> -Hot- Beef Sloppy Joe Wheat Bun Baked Beans Fruit Cup -Cold- Turkey & Cheddar Sandwich Deli Turkey Cheddar Cheese WW Bread Carrots Fruit Cup	<i>Cinnamon Toast Crunch</i> <i>Cereal Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> -Hot- Meatballs in Marinara Garlic Knot Steamed Broccoli Cinnamon Apples -Cold- Taco Chicken Wrap Seasoned Chicken Shredded Cheddar WW Tortilla Mexican Corn Salad Whole Apple	<i>Lemon Poppyseed</i> <i>Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> -Hot- Orange Chicken Brown Rice Steamed Carrots Fresh Banana -Cold- Snack Pack Plate Hard Boiled Egg WW Pita Hummus Bell Peppers Grapes	<i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> -Hot- Popcorn Chicken Ketchup Mashed Potatoes WW Cornbread Muffin Fresh Apple -Cold- Chicken Ceasar Salad Grilled Chicken Shredded Parmesan Romaine Lettuce Ceasar Dressing Garlic Knot Fruit Cup	<i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> -Hot- Garlic Beef Noodles Steamed Mixed Veggies Cinnamon Peaches -Cold- Club Sandwich Deli Ham, Turkey Sliced Cheddar WW Bun Celery Sticks Banana

****This institution is an equal opportunity provider and employer.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability***