

August 2018



Breakfast and Lunch Menu

2018—2019 Meal Prices

	<u>Brk</u>	<u>Lunch</u>
Pre K—6th	\$1.50	\$2.60
7th—8th	\$1.60	\$2.70
9th—12th	\$1.75	\$2.85
Reduced	\$.30	\$.40
Adult	\$2.50	\$3.75

Garden City Child Nutrition and Wellness Department
 Tracy Johnson, Director
 620-805-7080
 trjohnson@gckschools.com

Mon	Tue	Wed	Thu	Fri
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Welcome Back!

The Nutrition and Wellness Department is honored to have all district students eat breakfast and lunch with us. Our goal is to provide healthy meals that satisfy our customers!

Free and Reduced Priced Meals

To apply for free or reduced meals, parents or guardians must complete a **Child Nutrition Program Benefits Application** each year. Applications are available on line <https://frapps.horizonsolana.com/GARC01> or at the Nutrition Service Office, located at 1205 Fleming. Eligibility is based on income guidelines issued annually by the federal government.

13	Half Day No Meals Served	14	15	16	17
		Mini Cinnamon Rolls Fruit Choice Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie	Cheese Stick or Breakfast Coffee Cake Fruit Choice Sandwich or Salad Bar	Breakfast Pizza or Oatmeal Bar Fruit Choice Cheesy Nacho Supreme Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad	
	Mini Bagel Fruit Choice Spaghetti with Marinara Tossed Salad Green Beans Pineapple Tidbits Breaded Cheese Stick		Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Walking Tacos Golden Steamed Corn Refried Beans Apple slices	Breakfast Biscuit or Breakfast Round Fruit Choice BBQ Rib Sandwich Garden Fresh Selection Seasoned Pinto Beans Fresh Fruit Cup RF Doritos	Cooks Choice Fruit Choice Grilled Chicken Sandwich Lettuce, Tomato, Onion Roasted Potatoes Tropical Fruit Salad
20		21	22	23	24
	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie Garden Fresh Selection Mandarin Orange/Kiwi Cinnamon Puff		Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries and Bananas Cookie	Cheese Stick or Breakfast Coffee Cake Fruit Choice Chicken Nuggets Peas and Carrots Mashed Potatoes/Gravy Fresh Fruit Cup Whole Wheat Roll	Breakfast Pizza or Hot Oatmeal Bar Fruit Choice Monthly Special! Check your Cafeteria
27		28	29	30	31

This institution is an equal opportunity provider.