

Garfield 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
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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.

Garfield Early Childhood follows the CACFP (Child and Adult Care Food Program). Foods high in iron (I) and vitamin A and C (A&C) are required at each meal. Milk must be low-fat and unflavored.

	Half Day No Meals Served	Muffin (I) Fruit Choice (A&C) Tony's Pizza (I) Garden Fresh Select (A&C) Chilled Peaches (A&C)	Cheese Stick (I) Fruit Choice (A&C) Deli Sandwich (I) Garden Fresh Select (A&C) Fresh Fruit Cup (A&C)	Breakfast Pizza (I) Fruit Choice (A&C) Cheesy Nacho Supreme (I) Golden Steamed corn Fiesta Fruit Salad (A&C)
13	14	15	16	17
Mini Bagel (I) Fruit Choice (A&C) WG Cheese stick Marinara (I) Green Beans (A&C) Pineapple Tidbits (A&C)	Cheese Quesadilla (I) Fruit Choice (A&C) Hot dogs (I) Garden Fresh Select (A&C) Sweet Potato Fries (A&C) Grapes (A&C)	Ham Bar/Biscuit (I) Fruit Choice (A&C) Walking Tacos (I) Refried Beans (I) Apple slices (A&C)	Breakfast Round (I) Fruit Choice (A&C) BBQ Rib Sandwich (I) Seasoned Pinto Beans (I) Fresh Fruit Cup (A&C)	Cooks Choice (I) Fruit Choice (A&C) Grilled Chicken Sandwich (I) Roasted Potatoes (I) Tropical Fruit Salad (A&C)
20	21	22	23	24
Mini Pancakes (I) Fruit Choice (A&C) Pork and Bean Burritos (I) Lettuce, Tomato (A&C) Salsa (A&C) Chilled Peaches (A&C)	Grilled Cheese (I) Fruit Choice (A&C) Frito Pie (I) Garden Fresh Select (A&C) Mandarin Orange/Kiwi (A&C)	Lumberjack Stick (I) Fruit Choice (A&C) Tony's Pizza (I) Garden Fresh Select (A&C) Strawberries/Bananas (A&C)	Cheese Stick (I) Fruit Choice (A&C) Chicken Nuggets (I) Mashed Potatoes/Gravy (I) Fresh Fruit Cup (A&C)	Breakfast Pizza (I) Fruit Choice (A&C) Monthly Special! Check your Cafeteria
27	28	29	30	31