

GAE September 2018



Garden City
Schools Lunch
and Breakfast
Menu

Mon

Tue

Wed

Thu

Fri

All Early Childhood Centers are required to follow the CACFP (Child and Adult Care Food Program). These menu standards differ from the National School Breakfast and Lunch standers, so Garfield Early Childhood Center will have a special meal each month!

(A) Food High In Vitamin A

(C) Food High in Vitamin C

(I) Food High in Iron

NO School Labor Day	Mini French Toast (I) Fruit Choice (A&C) Corndogs (I) Garden Fresh Select (A) Cinnamon Applesauce (A)	Cheese Quesadilla (I) Fruit Choice (A&C) Breaded Chicken Sand (I) Broccoli and Cheese (A) Fresh Grapes (A&C)	Ham Bar/Biscuit (I) Fruit Choice (A&C) Enchiladas (I) Tossed Salad (A&C) Tropical Fruit Salad (A&C)	Cooks Choice (I) Fruit Choice (A&C) Boneless Wings (I) Garden Fresh Select (A&C) Apple Slices (A &C) Fried Rice (I)	3	4	5	6	7
	Mini Cinnamon Rolls (I) Fruit Choice (A&C) Chicken Quesadilla Garden Fresh Selection Chilled Pears Spanish Rice	Grilled Cheese (I) Fruit Choice (A&C) Cheeseburger (I) Sweet Potato Puffs (A&C) Fresh Orange Slices (C)	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)	10	11	12	13	14
	Mini Bagel (I) Fruit Choice (A&C) WG Cheese stick Marina- ra (I) Green Beans (A&C) Pineapple Tidbits (A&C)	Cheese Quesadilla (I) Fruit Choice (A&C) Pig in Blanket (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 Rounds (I) Fruit Choice (A&C) Grilled Chicken Sandwich (I) Roasted Potatoes (I) Tropical Fruit Salad (A&C)	19	18	19	20	No School
	Mini Pancakes Fruit Choice Sloppy Joes (I) Green Beans (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)	24	25	26	27	Monthly Special! Check your Cafeteria
					28	28	28	28	28

Reminder

Last years Free and Reduced Lunch status will expire this month!! Please fill out a new application to keep from losing your benefits!

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This institution is an equal opportunity provider.