

September 2018



Garden City
Schools Lunch
and Breakfast
Menu

Mon

Tue

Wed

Thu

Fri

Research has shown breakfast is important for children's health, academic achievement, cognitive development and mental health. Come check out our new breakfast menu with more options to choose from!!

**NO School
Labor Day**

3

4

5

6

7

Mini Cinnamon Rolls
Fruit Choice
.....
Chicken Fajita Bowl
Garden Fresh Selection
Chilled Peas
Spanish Rice
Tortilla Chips

10

Grilled Cheese or
Dutch Waffle
Fruit Choice
.....
Cheeseburger
Lettuce and Tomato
Baked Beans
Sweet Potato Puffs
Fresh Orange Slices

11

Breakfast Bites or
Hot Oatmeal Bar
Fruit Choice
.....
Tony's Pizza
Garden Fresh Selection
Peaches
Cookie

12

Cheese Stick or
Breakfast Coffee Cake
Fruit Choice
.....
Philly Steak Sandwich
Sautéed Onions & Peppers
Potato Choice
Fresh Fruit Cup

13

Breakfast Pizza or
Oatmeal Bar
Fruit Choice
.....
Cheesy Nacho Supreme
Garden Spinach Salad
Golden Steamed corn
Fiesta Fruit Salad

14

Mini Bagel
Fruit Choice
.....
Spaghetti Meat Sauce
Tossed Salad
Green Beans
Pineapple Tidbits
Breaded Cheese Stick

19

Cheese Quesadilla or
Waffle
Fruit Choice
.....
Pigs in Blanket
Garden Fresh Selection
Sweet Potato Puffs
Grapes

18

Ham Bar/Biscuit or
Oatmeal Bar
Fruit Choice
.....
Walking Taco
Golden Steamed Corn
Salsa
Refried Beans
Fresh Apple slices

19

Breakfast Biscuit or
Breakfast Round
Fruit Choice
.....
Grilled Chicken Sandwich
Lettuce, Tomato, Onion
Roasted Potatoes
Tropical Fruit Salad

20

**No
School**

21

Mini Pancakes
Fruit Choice
.....
Sloppy Joes
Green Beans
Potato Choice
Chilled Peaches

24

Grilled Cheese or
Dutch Waffle
Fruit Choice
.....
Chili
Garden Fresh Selection
Mandarin Oranges/Kiwi
Cinnamon Roll

25

Lumberjack Stick or
Oatmeal Bar
Fruit Choice
.....
Tony's Pizza
Garden Fresh Selection
Strawberries and Bananas
Cookie

26

Cheese Stick or
Breakfast Coffee Cake
Fruit Choice
.....
Chicken Tenders
Peas and Carrots
Mashed Potato/Gravy
Fresh Fruit Cup
Whole Wheat Roll

27

Breakfast Pizza or
Hot Oatmeal Bar
Fruit Choice
.....

Monthly Special!

Check your Cafeteria

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!

Garden City Nutrition and
Wellness Department
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