


# AUGUST 2019 GCMS MENU

<div></div> <p>Fuel up with a nutritious breakfast and lunch each day at <u>no cost to students!</u> Please send money if you wish to purchase a la carte or extra items. <u>Adult</u> meal prices are \$2.50 for breakfast and \$3.75 for lunch.</p> <p>Please complete the Household Income Form (HIF) sent home by teachers and return to school as soon as possible. Thank you!</p>		<b>First Day! Wednesday, August 7</b> Warm Muffins (27-31) or Cereal (*), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Thursday, August 8</b> Breakfast Burrito (23) or Pop-Tarts (37 ea.), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Friday, August 9</b> Hashbrowns, 2 (26), Cheesy Toast (15) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
		Hamburger (1) on Bun (25), Cheese Or Salad Bar Nacho Cheese Doritos (20) Lettuce & Tomato, ¼ c. (1), Onion Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Strips, 3 (20) Or Salad Bar Mashed Potatoes, ½ c. (15) Peas, ½ c. (9) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)	Tony’s Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Mixed Green Salad, ¾ c. (4) Green Beans, ½ c. (4) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)
		<b>Monday, August 12</b> French Toast Sticks, 4 (38) & Syrup (31) or Sausage Pancake on a Stick (18), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Tuesday, August 13</b> Breakfast Pizza (17) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Wednesday, August 14</b> Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Mini Corn Dogs, 6 (30) Or Big Daddy’s Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18), Milk (11-22)	Chicken Fillet (15) on Bun (31) Or Hamburger (1) on Bun (31) Or Salad Bar Baked Potato Wedges, ½ c. (18) Green Beans, ½ c. (4) Romaine & Tomato (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (11-22)	Chicken Smackers, 10 (20) & Waffle (37), Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5) Fresh Fruit, ½ c. (~15) Peach Slices, ½ c. (12) Milk (11-22)	Pork BBQ (16) on Bun (31) Or Tony’s Deep Dish Personal Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fresh Veggies, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)	Chicken & Cheese Quesadilla (37) Or Tony’s Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4), Sour Cream (1) Fresh Fruit (~15) Pineapple Tidbits, ½ c (18), Milk (11-22)
<b>Monday, August 19</b> Donut Holes, 6 (30) or Sausage Pancake on a Stick (18), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Tuesday, August 20</b> Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Wednesday, August 21</b> New! Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Thursday, August 22</b> Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Friday, August 23</b> Top it Off Oatmeal, ¾ c. (32) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Mandarin Orange Chicken (19) Or Big Daddy’s Four Cheese or Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21), Tortilla (19) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (11-22)	Salisbury Steak (2)/Gravy (5) Or Hamburger (1) on Bun (31) Or Salad Bar Seasoned Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (15) Fresh Fruit (~15) Peach Slices, ½ c. (12) Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar (Breakfast Burrito) Mashed Potatoes, ½ c. (15) Peas, ½ c. (9) Fresh Veggies, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (11-22)	Nachos: Chicken, 3 oz. & Queso, 2 oz. (4) Or Tony’s Deep Dish Personal Pizza (35) Or Salad Bar Tortilla Chips (18) or Doritos (20) Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (~15), Salsa, ¼ c. (4) Fruit Sidekick (20), Milk (11-22)	Big Daddy’s Four Cheese or Pepperoni Pizza (35) or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Steamed Broccoli , ½ c. (5) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)
<b>Monday, August 26</b> Chicken (6) Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Tuesday, August 27</b> Breakfast Pizza (17) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Wednesday, August 28</b> Sausage, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	<b>Thursday, August 29</b> Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	<b>Friday, August 30</b> Hashbrowns, 2 (26), Cheesy Toast (15) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Hot Dog (2) on Bun (31) Or Big Daddy’s Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Baked Beans, ½ c. (29) Potato Smiles, 4 ea. (28) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)	BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy (*) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)	Chicken Strips (*) Or Salad Bar Mashed Potatoes, ½ c. (15) Peas, ½ c. (9) Cauliflower & Red Peppers, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (11-22)	Beef Taco, 3 oz. (0) & Shredded Cheese (1) or Tony’s Deep Dish Personal Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Alfredo (39) Or Tony’s Deep Dish Personal Pizza (35) or Salad Bar Cheesy Breadstick (15) Glazed Carrots, ½ c. (13) Steamed Broccoli, ½ c. (5) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Pineapple, ½ c. (18) Milk (11-22)

