



# 2016 September

## GCCS Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>More Info...</b>  <b>Available Daily:</b> -Peanut Butter & Jelly Sandwich -Skim Milk -Chocolate Skim Milk -1% Milk -100% Juice  All grains offered are rich in whole wheat flour which increases the amount of vitamins, minerals, fiber and protein it contains.  To qualify as a full lunch meal, a student <u>must</u> take a fruit or vegetable, plus two other items.  <i>This institution is an equal opportunity provider.</i>  <b>Lunch Pricing</b> Paid.....\$2.45 Reduced.....\$0.40 Adult.....\$3.30 Milk.....\$0.55 Adult.....\$3.50
<b>29</b> <b>Spaghetti &amp; Meatballs</b> w/ Garlic Toast Chicken Patty Sdw Chicken Caesar Salad Green Beans, <b>Fresh Broccoli</b> , Garden Salad, Apples, Pineapple Chunks	<b>30</b> <b>Sweet &amp; Sour Ckn w/ Broccoli &amp; Fried Rice</b> Fish Sandwich Melt Turkey & Cheese Sdw <b>Peas &amp; Carrots</b> , <b>Baby Carrots</b> , Garden Salad, Banana, Diced Pears	<b>31</b> <b>Country Fried Steak</b> w/ Gravy & Roll Cheeseburger Italian Ham Salad <b>Mashed Potatoes</b> & Gravy, Cucumber Slices, Garden Salad, Orange Wedges, Applesauce, Dessert	<b>1</b> <b>Beef Soft Taco</b> Chicken Nuggets w/ Roll Chicken Salad Wrap Baked Beans, Celery Sticks, Garden Salad, Apple, Diced Peaches	<b>2</b> <b>Grilled Cheese Sandwich</b> Pepperoni Pizza Ham Chef Salad w/ Roll Steamed Carrots, Red Pepper Strips, Garden Salad, Fresh Fruit, Fruit Cocktail	
<b>5</b> <b>NO SCHOOL</b> Labor Day	<b>6</b> <b>Chicken Mashed Potato Bowl</b> w/ Roll Cheeseburger Baja Chicken Salad w/ Tortilla Chips <b>Golden Corn</b> , Cucumber Slices, Garden Salad, Banana, Diced Pears	<b>7</b> <b>Meatball Pizza Sub</b> Hot Dog on Bun <b>Ham &amp; Chs Wrap</b> Baked Beans, Celery Sticks, Garden Salad, Orange Wedges, Applesauce, Dessert	<b>8</b> <b>French Toast Sticks</b> w/ Turkey Sausage Chicken Nuggets w/Roll Buffalo Chicken Salad <b>Baked Tater Tots</b> , <b>Baby Carrots</b> , Garden Salad, Apple, Diced Peaches	<b>9</b> <b>Fish Sandwich Melt</b> Cheese Pizza Ham, Turkey & Cheese Sandwich Steamed Broccoli, <b>Baby Carrots</b> , Garden Salad, Fresh Fruit, Fruit Cocktail	
<b>12</b> <b>Chicken &amp; Rice Soup</b> w/ Goldfish Crackers Cheeseburger Beef Nacho Salad <b>Peas &amp; Carrots</b> , <b>Fresh Broccoli</b> , Garden Salad, Apple, Pineapple Chunks	<b>13</b> <b>Beef &amp; Cheese Quesadilla</b> Chicken Patty Sdw Ham, Turkey & Egg Chef Salad Seasoned Refried Beans, <b>Baby Carrots</b> , Garden Salad, Banana, Diced Pears	<b>14</b> <b>Orange Popcorn Ckn</b> w/ Broccoli & Fried Rice Hot Dog on Bun Turkey & Cheese Sdw <b>Green Peas</b> , Cucumber Slices, Garden Salad, Orange Wedges, Applesauce, Dessert	<b>15</b> <b>Chicken &amp; Noodles</b> w/ Garlic Toast Chicken Nuggets w/Roll <b>Ham &amp; Cheese Sdw</b> Green Beans, Celery Sticks, Garden Salad, Apple, Diced Peaches	<b>16</b> <b>Fish Sticks</b> w/ Roll Pepperoni Pizza Ham, Turkey & Cheese Sandwich <b>Baked French Fries</b> , <b>Baby Carrots</b> , Garden Salad, Fresh Fruit, Fruit Cocktail	
<b>19</b> <b>Beef Nachos</b> Popcorn Chicken w/Roll Chicken Caesar Salad <b>Golden Corn</b> , <b>Cherry Tomatoes</b> , Garden Salad, Apple, Pineapple Chunks	<b>20</b> <b>Cheese Pizza Sticks</b> w/ Marinara Sauce Chicken Patty Sdw Turkey & Cheese Sdw Steamed Carrots, Cucumber Slices, Garden Salad, Banana, Diced Pears	<b>21</b> <b>NO SCHOOL</b> 	<b>22 Harvest of the Month</b> <b>Baked Spaghetti</b> Chicken Nuggets w/Roll Turkey & Cheese Sdw <b>Mini Sweet Peppers</b> , Green Beans, <b>Baby Carrots</b> , Romaine Salad, Diced Peaches	<b>23</b> <b>BBQ Pork Riblet Sdw</b> Cheese Pizza Ham & Turk Chef Salad Campfire Beans, <b>Baby Carrots</b> , Garden Salad, Fresh Fruit, Fruit Cocktail	
<b>26</b> <b>Pancakes &amp; Syrup</b> w/ Turkey Sausage Cheeseburger Chicken Caesar Salad <b>Baked Tater Tots</b> , <b>Fresh Broccoli</b> , Garden Salad, Apple, Pineapple Chunks	<b>27</b> <b>Corn Dog</b> Chicken Patty Sdw Turkey & Cheese Sdw Baked Beans, Green Beans, <b>Baby Carrots</b> , Garden Salad, Banana, Diced Pears	<b>28</b> <b>BBQ Ckn Drumsticks</b> w/ Biscuit Hot Dog on Bun Ham & Cheese Sdw <b>Green Peas</b> , Cucumber Slices, Garden Salad, Orange Wedges, Applesauce, Dessert	<b>29</b> <b>Mexican Lasagna</b> w/ Tortilla Chips Popcorn Chicken w/Roll Buffalo Chicken Salad <b>Golden Corn</b> , Celery Sticks, Garden Salad, Apple, Diced Peaches	<b>30 Birthday Celebration</b> <b>Grilled Cheese &amp; Tomato Soup</b> Pepperoni Pizza Beef Nacho Salad <b>Peas &amp; Carrots</b> , <b>Baby Carrots</b> , Garden Salad, Fresh Fruit, Fruit Cocktail, Mini Rice Krispie Treat	

### Elementary Lunch Menu

**Did You Know...**

We offer breakfast every single day! From pancakes to eggs, cereal to sausage biscuits, we are sure to offer something your child will love! Menus are posted online and sent home monthly.

**PRICING:** Paid - \$1.50, Reduced - \$0.30, Adult - \$1.80



Menus are subject to change without notice.

