



# GCCS High School Breakfast Menu

November 2016

1

## Glazed Cinnamon Roll

Banana  
Fruit Cocktail  
100% Fruit Juice

2

## Egg Bagel (Cheese Optional)

Orange Wedges  
Applesauce  
100% Fruit Juice

3

## Pancakes & Bacon w/ Syrup

Fresh Apple Wedges  
Raisins  
100% Fruit Juice

4

## Sausage Breakfast Pizza

Assorted Fresh Fruit  
Diced Peaches  
100% Fruit Juice

7

## Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges  
Diced Pears  
100% Fruit Juice

8

## NO SCHOOL Parent Teacher Conferences

9

## Whole Grain Muffin w/ String Cheese

Orange Wedges  
Applesauce  
100% Fruit Juice

10

## Turkey Pancake Wrap w/ Syrup

Fresh Apple Wedges  
Raisins  
100% Fruit Juice

11

## Glazed Cinnamon Roll

Assorted Fresh Fruit  
Diced Peaches  
100% Fruit Juice

14

## Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges  
Diced Pears  
100% Fruit Juice

15

## Egg Bagel (Cheese Optional)

Banana  
Fruit Cocktail  
100% Fruit Juice

16

## Sausage Breakfast Pizza

Orange Wedges  
Applesauce  
100% Fruit Juice

17

## Whole Grain Muffin w/ String Cheese

Fresh Apple Wedges  
Raisins  
100% Fruit Juice

18

## Pancakes & Bacon w/ Syrup

Assorted Fresh Fruit  
Diced Peaches  
100% Fruit Juice

21

## Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges  
Diced Pears  
100% Fruit Juice

22

## Egg Bagel (Cheese Optional)

Banana  
Fruit Cocktail  
100% Fruit Juice

23

## NO SCHOOL Thanksgiving Break

24

## NO SCHOOL Thanksgiving Break

25

## NO SCHOOL Thanksgiving Break

28

## Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges  
Diced Pears  
100% Fruit Juice

29

## Turkey Pancake Wrap w/ Syrup

Banana  
Fruit Cocktail  
100% Fruit Juice

30

## Whole Grain Muffin w/ String Cheese

Orange Wedges  
Applesauce  
100% Fruit Juice

### Grab & Go Options (Pick Up to 2 Items)...

Choose Between Assortments of the Following:  
Assorted Cereals, Pop Tarts, Cinnamon Toast, ½ Bagel  
w/ Cream Cheese, Assorted Graham Crackers, Oatmeal  
Bars, NutriGrain Bars, Hardboiled Eggs, String Cheese, &  
Strawberry Banana Yogurt

### More info...

Milk Offered Daily – Choose Between Non-Fat White,  
1% White or Skim Chocolate  
All grains offered are rich in whole wheat flour which  
increases the amount of vitamins, minerals, fiber and  
protein it contains.

PRICING: Paid - \$1.50 (\$7.50 weekly), Reduced - \$0.30 (\$1.50 weekly), Adult - \$1.80 (\$9.00 weekly)

Menus are subject to change without notice.