



GCCS High School Breakfast Menu

October 2016

3

NO SCHOOL

Interession
Fall Break

4

NO SCHOOL

Interession
Fall Break

5

NO SCHOOL

Interession
Fall Break

6

NO SCHOOL

Interession
Fall Break

7

NO SCHOOL

Interession
Fall Break

10

NO SCHOOL

Fall Break

11

NO SCHOOL

Fall Break

12

NO SCHOOL

Fall Break

13

NO SCHOOL

Fall Break

14

NO SCHOOL

Fall Break

17

**Whole Grain Donut
OR
Oatmeal Breakfast Bar**

Orange Wedges
Diced Pears
100% Fruit Juice

18

**Egg Bagel
(Cheese Optional)**

Banana
Fruit Cocktail
100% Fruit Juice

19

**Mini Cream Cheese
Filled Bagels**

Orange Wedges
Applesauce
100% Fruit Juice

20

Glazed Cinnamon Roll

Fresh Apple Wedges
Raisins
100% Fruit Juice

21

Cheesy Ham Biscuit

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

24

**Whole Grain Donut
OR
Oatmeal Breakfast Bar**

Orange Wedges
Diced Pears
100% Fruit Juice

25

**Turkey Pancake Wrap
w/ Syrup**

Banana
Fruit Cocktail
100% Fruit Juice

26

**Whole Grain Muffin
w/ String Cheese**

Orange Wedges
Applesauce
100% Fruit Juice

27

Cherry Frudel

Fresh Apple Wedges
Raisins
100% Fruit Juice

28

**French Toast Sticks
w/ Syrup**

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

31

**Whole Grain Donut
OR
Oatmeal Breakfast Bar**

Orange Wedges
Diced Pears
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.