



GCCS High School Breakfast Menu

January 2017

2

NO SCHOOL

Closed in Observance of New Year's Day

3

Turkey Pancake Wrap w/ Syrup

Banana
Fruit Cocktail
100% Fruit Juice

4

Whole Grain Muffin w/ String Cheese

Orange Wedges
Applesauce
100% Fruit Juice

5

Cherry Frudel

Fresh Apple Wedges
Raisins
100% Fruit Juice

6

French Toast Sticks w/ Syrup

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

9

Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges
Diced Pears
100% Fruit Juice

10

Glazed Cinnamon Roll

Banana
Fruit Cocktail
100% Fruit Juice

11

Egg Bagel (Cheese Optional)

Orange Wedges
Applesauce
100% Fruit Juice

12

Pancakes & Bacon w/ Syrup

Fresh Apple Wedges
Raisins
100% Fruit Juice

13

Sausage Breakfast Pizza

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

16

NO SCHOOL

Martin Luther King Day

17

Sausage Biscuit (Cheese Optional)

Banana
Fruit Cocktail
100% Fruit Juice

18

Whole Grain Muffin w/ String Cheese

Orange Wedges
Applesauce
100% Fruit Juice

19

Turkey Pancake Wrap w/ Syrup

Fresh Apple Wedges
Raisins
100% Fruit Juice

20

Glazed Cinnamon Roll

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

23

Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges
Diced Pears
100% Fruit Juice

24

Sausage Bagel (Cheese Optional)

Banana
Fruit Cocktail
100% Fruit Juice

25

Sausage Breakfast Pizza

Orange Wedges
Applesauce
100% Fruit Juice

26

Whole Grain Muffin w/ String Cheese

Fresh Apple Wedges
Raisins
100% Fruit Juice

27

Pancakes & Bacon w/ Syrup

Assorted Fresh Fruit
Diced Peaches
100% Fruit Juice

30

Whole Grain Donut OR Oatmeal Breakfast Bar

Orange Wedges
Diced Pears
100% Fruit Juice

31

Egg Bagel (Cheese Optional)

Banana
Fruit Cocktail
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.