

ENERGIZE YOUR BRAIN!!!!

**FUEL UP WITH SCHOOL
BREAKFAST!!!**



MONDAY	TUESDAY	WEDNESDAY
PANCAKE AND SAUSAGE ON A STICK	MINI PANCAKES APPLESAUCE	SCRAMBLED EGG, TOAST
PEARS, JUICE MILK	JUICE, MILK	FRUIT, JUICE MILK

THURSDAY	FRIDAY
BREAKFAST SANDWICH WARM APPLE SLICES JUICE, MILK	FRENCH TOAST STICKS FRUIT, JUICE MILK

OTHER OPTIONS AVAILABLE

CEREAL/YOGURT, MUFFIN, OR BAGEL

STUDENTS \$1.25

ADULTS \$1.75



DID YOU KNOW???

- THE NATIONAL SCHOOL LUNCH PROGRAM FEEDS STUDENTS 5 BILLION LUNCHES ANNUALLY!
- SCHOOL LUNCHES MUST MEET FEDERAL NUTRITION GUIDELINES.
- SCHOOL MEALS ARE SAFE! SCHOOL NUTRITION PROFESSIONALS HAVE RIGOROUS TRAINING IN FOOD SAFETY AND HAVE IMPLEMENTED AN HACCP PLAN. (HAZARD ANALYSIS CRITICAL CONTROL POINT)

GWRSD ELEMENTARY MENU

OCTOBER 1-OCTOBER 30, 2009

MENU SUBJECT TO CHANGE, DAILY MILK CHOICES

WEEK 1 OCTOBER 1-2

- 1 SOUP/SLICED TURKEY OR TUNA ON A WHEAT ROLL/
CHIPS/ VEGGIE MUNCH/ FRESH APPLE
- 2 PIZZA/GARDEN SALAD/ FRUIT

WEEK 2 OCTOBER 5-9

- 5 FISH STICKS/RICE/COLE SLAW/WHEAT ROLL/PEARS OR
HAM&CHEESE ON WHEAT
- 6 HOT DOG/BUN/ WHEAT PASTA SALAD& VEGGIES/
PEACHES OR TUNA SALAD PLATE
- 7 SPAGHETTI WITH PLAIN/MEAT SAUCE/GREEN BEANS/
GARLIC BREAD/BLUEBERRY CRISP OR EGG SALAD ROLL
- 8 TOMATO SOUP/TOASTED CHEESE/FRESH VEGGIE
MUNCH/LO FAT DIP/GRAPES OR TURKEY WRAP
- 9 PIZZA/SALAD/FRUIT

WEEK 3 OCTOBER 13-16

NATIONAL SCHOOL LUNCH WEEK

- 13 TACO/HARD OR SOFT SHELL/LETTUCE/TOMATO/
SALSA/SOUR CREAM/CORN/ORANGE SMILES OR
CHICKEN SALAD PLATE
- 14 CHICKEN NUGGETS/BROWN RICE/CARROTS/WARM
APPLE SLICES OR TUNA ROLL
- 15 SHEPHERDS PIE/GREEN BEANS/WHEAT ROLL/
APPLESAUCE CAKE OR SANDWICH CHOICE
- 16 PIZZA/SALAD/FRUIT OR HAM&CHEESE SUB



JUST A REMINDER.....

CHARGING OF MEALS IS STRONGLY DISCOURAGED. YOU MAY PRE PAY YOUR CHILD'S ACCOUNT AT ANY TIME. PLEASE FEEL FREE TO CHECK ON THE ACCOUNT BALANCE AT ANY TIME.

..And Justice For All

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, disability or national origin.

WEEK 4 OCTOBER 19-23

- 19 HAMBURGER/CHEESEBURGER/BUN/OVEN POTATOES/
LETTUCE/TOMATO/PICKLE/ONION/FRUIT OR
SALAD PLATE
- 20 CHICKEN&VEGGIE RICE BOWL/BREAD STICK/
PINEAPPLE OR HAM SALAD ROLL
- 21 MEATBALL SUB/CHIPS/VEGGIE MUNCH/OR CHEF'S
SALAD PLATE
- 22 MINISTRONE SOUP/ SUB CHOICES/FRESH VEGGIE
TOPPINGS/CHIPS/PEARS
- 23 PIZZA/GARDEN SALAD/FRESH FRUIT

WEEK 5 OCTOBER 26-30

- 26 VEGGIE SOUP/ TURKEY BURGER/BUN/LETTUCE/
TOMATO/COOKIE OR EGG SALAD ROLL
- 27 SALISBURY STEAK/MASHED POTATO/HOT VEGGIE
CHOICE/WHEAT ROLL/PEACHES
- 28 AMERICAN CHOP SUEY/GREEN BEANS/GARLIC
BREAD/DESSERT OR TURKEY WRAP
- 29 CHICKEN GRILLE/BUN /OVEN POTATOES/
BROCCOLI SALAD/FRUIT MIX OR TUNA SALAD

APPLICATIONS FOR FREE OR REDUCED PRICE MEALS ARE AVAILABLE AT ANY TIME DURING THE SCHOOL YEAR.

YOU MAY PICK ONE UP AT YOUR CHILD'S SCHOOL, OR CALL THE FOODSERVICE OFFICE AT 569-2433 FOR ASSISTANCE.