

**ENERGIZE YOUR BRAIN!!!!**

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



**MONDAY TUESDAY WEDNESDAY**

BREAKFAST	MINI PANCAKES	SCRAMBLED
SANDWICH	APPLESAUCE	EGG, TOAST
PEARS, JUICE	JUICE, MILK	FRUIT, JUICE
MILK		MILK

**THURSDAY FRIDAY**

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

**OTHER OPTIONS AVAILABLE**

CEREAL/YOGURT, MUFFIN, OR BAGEL

\*AVAILABLE AT EFFINGHAM ELEMENTARY... CEREAL/YOGURT,  
BAGEL, OR MUFFIN!

STUDENTS \$1.25

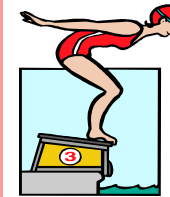
ADULTS \$1.75

## **GWRSD ELEMENTARY MENU**

**AUGUST 24- SEPTEMBER 30, 2009**

**MENU SUBJECT TO CHANGE**

- 24 SLICED TURKEY OR TUNA ON A WHEAT ROLL/CHIPS
  - 25 ITALIAN DUNKERS
  - 26 CHICKEN NUGGETS/WHEAT ROLL
  - 27 BURGER OR CHEESEBURGER/BUN OR EGG SALAD ROLL
  - 28 NO SCHOOL
  - 31 TACO ON HARD OR SOFT SHELL OR HAM&CHEESE ROLL
  - 1 BIG CHICKEN ON A BUN/CHIPS
  - 2 TOASTED CHEESE WITH TOMATO OR TUNA ROLL
  - 3 PERSONAL PIZZA
  - 4 NO SCHOOL
  - 7 LABOR DAY
  - 8 FISH SLIDERS OR TURKEY ON WHEAT
  - 9 SPAGHETTI WITH PLAIN OR MEAT SAUCE/GARLIC BREAD
  - 10 HOT DOG ON A BUN OR SALAD PLATE
  - 11 PIZZA
  - 14 TURKEY BURGER ON A BUN OR TUNA ROLL
  - 15 MAKE YOUR OWN SUB/ CHIPS
  - 16 MAC N' CHEESE OR SLOPPY JOE/BUN
  - 17 RICE BOWL WITH CHICKEN AND VEGGIES
  - 18 PIZZA
  - 21 MEATBALL SUB OR TURKEY WRAP
  - 22 BRUNCH AT LUNCH (HAM, EGG, AND CHEESE/ENGLISH)
  - 23 CHICKEN NUGGETS/WHEAT ROLL
  - 24 BURGER OR CHEESEBURGER/ROLL OR EGG SALAD ROLL
  - 25 PIZZA
  - 28 TACO ON HARD OR SOFT SHELL OR SALAD PLATE
  - 29 BIG CHICKEN ON A BUN
  - 30 TOASTED CHEESE OR TUNA ROLL
- ALL MEALS INCLUDE FRUIT, VEGGIES, & MILK CHOICES**



**FOR BETTER  
HEALTH!!!**

**EAT 5 TO 9 SERVINGS OF  
FRUIT AND VEGETABLES  
DAILY!!!  
AND REMEMBER....  
STAY ACTIVE!!!**



**..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.

**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.**

**THANK YOU**

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.