

**ENERGIZE YOUR BRAIN!!!!
FUEL UP WITH SCHOOL
BREAKFAST!!!**

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

**HAVE A SAFE AND HAPPY
HOLIDAY SEASON!!**



GWRSD ELEMENTARY MENU

NOVEMBER 30-DECEMBER 22, 2009

MENU SUBJECT TO CHANGE, DAILY MILK CHOICES

WEEK 1 NOVEMBER 30-DECEMBER 4

- 30 TERYAKI CHICKEN DIPPERS/BREADSTICK/CARROTS
ORIENTAL RICE/ PINEAPPLE OR SALAD PLATE
- 1 HOT DOG /BUN /BAKED BEANS/VEGGIES&DIP
PEACHES/COOKIE OR TUNA ROLL
- 2 SPAGHETTI WITH PLAIN OR MEAT SAUCE/ STEAMED
BROCCOLI/ WHEAT GARLIC BREAD/FRUIT CRISP OR
SANDWICH CHOICE
- 3 SOUP/ SUB CHOICES/FRESH VEGGIE
TOPPINGS/CHIPS/PEARS
- 4 PIZZA/SALAD/FRUIT

WEEK 2 DECEMBER 7-11

- 7 ITALIAN DUNKERS/GARDEN SALAD/FRUIT OR
CHICKEN SALAD ROLL
- 8 CHICKEN NUGGETS/BROWN RICE/PEAS/
FRUIT MUFFIN BREAD
- 9 SHEPHERDS PIE/ GREEN BEANS/ WHEAT ROLL/
DESSERT OR TUNA SALAD PLATE
- 11 HAMBURGER/BUN/OVEN POTATOES/LETTUCE/
ONION /PICKLE/TOMATO/FRUIT OR TUNA ROLL
- 12 PIZZA/SALAD/FRUIT OR HAM&CHEESE SUB

WEEK 3 DECEMBER 14-18

- 14 VEGGIE SOUP/BIG CHICKEN/BUN/LETTUCE/TOMATO
COOKIE/FRUIT OR TUNA ROLL
- 15 AMERICAN CHOP SUEY/ GARLIC BREAD/ STEAMED
BROCCOLI OR TURKEY ON WHEAT

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 BAL-
ANCE 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.

16 SOUP/SUB CHOICE/CHIPS/VEGGIE MUNCH
APPLE/OR CHEF'S SALAD PLATE

17 HOLIDAY DINNER

18 PIZZA/GARDEN SALAD

WEEK 4 DECEMBER 21-22

21 TOMATO SOUP/TOASTED CHEESE/CHIPS/
SIDE SALAD/FRUIT

22 HOT DOG/BUN/BAKED BEANS/VEGGIE MUNCH/
HOLIDAY COOKIE/APPLE



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

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