

# SEPTEMBER

## Monday

2

## Tuesday

3

Bacon Cheese Burger  
Fruit and Yogurt Plate  
Tomatoes & Carrots w/Dip  
Seasoned Green Beans  
Banana Berry Blend  
Fresh Fruit Bowl  
Mayonnaise  
Mustard  
Ketchup  
Fat Free Milk

## Wednesday

4

Mexican Pizza  
Tuna Salad on  
Croissant Bun  
Spanish Rice  
Broccoli Salad  
Krinkle Cut  
Sweet Potatoes  
Fresh Fruit Bowl  
Flavored Raisins  
Graham Crackers  
Fat Free Milk

## Thursday

5

Roasted Chicken Wings  
Manager's Choice Salad  
Baked Ranch Fries  
Tossed Salad w/ Dressing  
Fruit Slushes  
Fresh Watermelon Chunks  
Whole Wheat Roll  
Ranch Dressing  
Fat Free Milk

## Friday

6

Country Fried Steak  
Chef Salad  
Carrot/Celery/Cucumber  
w/Dressing  
Mashed Potatoes  
Fresh Fruit Bowl  
Tropical Fruit  
Whole Wheat Roll  
Fat Free Milk

9

Baked Pork Chop  
Managers Choice Salad  
Fried Brown Rice  
Carrots and Red Peppers  
with Dip  
Green Peas  
Frozen Fruit Juice Cups  
Fresh Fruit Bowl  
Whole Wheat Roll  
Fat Free Milk

10

Sloppy Joe on Bun  
Chef Salad  
Vegetable Juice  
Baked Beans  
Flavored Raisins  
Chilled Peach Slices  
Fat Free Milk

11

Red Beans and Rice  
with Sausage  
Managers Choice Salad  
Black-Eyed Peas  
Marinated Tomato and  
Cucumber Salad  
Pineapple Tidbits  
Fresh Fruit Bowl  
Cornbread  
Fat Free Milk

12

Lasagna  
Grilled Fajita Salad  
Steamed Broccoli Florets  
Whole Kernel Corn  
Applesauce in a Bag  
Fruited Gelatin  
Whole Wheat Garlic Toast  
Fat Free Milk

13

Chicken Nachos  
Managers Choice Salad  
Criss Cut Sweet Potatoes  
Cheesy California  
Veggies  
Chilled Peaches  
Fresh Bananas  
Fat Free Milk

16

Pepperoni Pizza Wedge  
Fruit and Yogurt Plate  
Baked Ranch Fries  
Black Bean Salad  
Fresh Apples  
Chilled Pear Halves  
Fat Free Milk

17

Baked Fish Scandia  
Chef Salad  
Tomatoes & Carrots w/Dip  
Tossed Salad w/ Dressing  
Fresh Plums  
Chilled Mandarin  
Oranges  
Whole Wheat Roll  
Fat Free Milk

18

Cheesy Chicken Over/Rice  
Tuna Salad on  
Croissant Bun  
Southern Mustard Greens  
Field Peas  
Fresh Grapes  
Frozen Fruit Juice Cups  
Cornbread  
Low Fat Milk

19

Chili Dog  
Grilled Chicken Salad  
California Veggies  
Confetti Coleslaw  
Fresh Fruit Bowl  
Fruit Cocktail  
Ketchup  
Mustard  
Fat Free Milk

20

Ham and Turkey  
on Bun  
Trimmings  
Tuna Ranch Wrap M4355  
Bake Chips  
French Fries  
Broccoli Salad  
Tangerines  
Calico Fruit  
Mayonnaise  
Mustard  
Low Fat Milk

23

Chicken Nuggets  
Tuna Salad with Crackers  
Spicy Fries  
Spinach Salad  
Fruit Slushes  
Fresh Fruit Bowl  
Yeast Roll  
Variety of Dipping Sauce  
Ketchup  
Fat Free Milk

24

Hamburger Steak w/ Gravy  
Managers Choice Salad  
Steamed Rice  
Italian Sliced Carrots  
Mixed Vegetables  
Fresh Fruit Bowl  
Fresh Fruit Cup  
Cornbread  
Fat Free Milk

25

BBQ Pork Sandwich  
Grilled Chicken Salad  
Baked Beans  
Confetti Coleslaw  
Fresh Pears  
Fresh Bananas  
Low Fat Milk

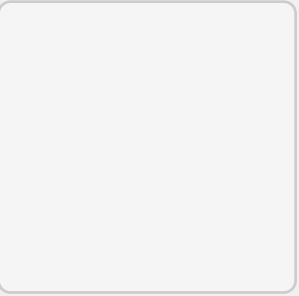
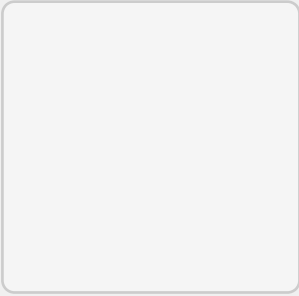
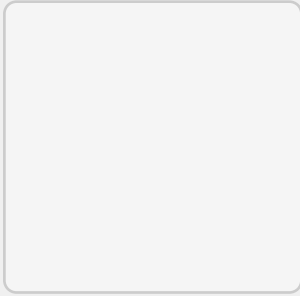
26

Spaghetti & Meat Sauce  
Chef Salad  
Cheesy Broccoli  
Raw Veggies with Dip  
Fresh Oranges  
Waldorf Fruit Salad  
Whole Wheat Roll  
Fat Free Milk

27

Sausage Pizza  
Chicken Salad w/Crackers  
Criss Cut Sweet Potatoes  
Steamed Carrots  
Fresh Fruit Bowl  
Assorted Fruit Juices  
Fat Free Milk

Corn Dog  
Chicken Salad on  
Croissant Bun  
Seasoned Potato Wedges  
Tex Mex Style Beans  
Pear and Kiwi Medley  
Assorted Fruit Juices  
Fat Free Milk



**GPSD Pre-K School Lunch Menu**

**Menu Subject to Change**

**"This Institution is an Equal Opportunity Provider"**