

GCUSD

February 6- Feb. 16th, 2023

Menu

2/6/2023

2/7/2023

2/8/2023

2/9/2023

BREAKFAST Banana Bread Yogurt Fruit Cup Fruit Juice	BREAKFAST Pancake on a Stick w/Syrup Fruit Cup Fruit Juice	BREAKFAST Biscuits and Gravy Applesauce Fruit Juice	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice
LUNCH Chicken Nuggets Tater Tots w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Bean and Cheese Burritos with Chips and Salsa w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Meatball Subs with Mozzarella Cheese w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Pepperoni Pizza w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables

Menu items may change pending product availability

2/13/2023

2/14/2023

2/15/2023

2/16/2023

BREAKFAST Bagel w/ Cream Cheese Hardboiled Egg Fruit Cup Fruit Juice	BREAKFAST Pancakes w/ Sausage Fruit Cup Fruit Juice	BREAKFAST French Toast Stick String Cheese Fruit Cup Fruit Juice	BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice
LUNCH Corn Dogs with Chips and Salsa w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Penne Pasta w/ Meat Sauce and GarlicBread Steamed Vegetables, Fruit, Salad,and Fresh Vegetables	LUNCH BBQ Chicken Sandwich with Chips w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Chicken Alfredo w/ Dinner Roll w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables

This institution is an equal opportunity provider

A selection of Milks and Water are made available at each meal.

Student Reduced Prices

\$.30 cents for Breakfast

\$.40 cents for Lunch

Students Regular Prices

\$1.25 for Breakfast

\$3.00 for Lunch

2/20/2023	2/21/2023	2/22/2023	2/23/2023
BREAKFAST Banana Bread Yogurt Fruit Cup Fruit Juice	BREAKFAST Pancake on a Stick w/Syrup Fruit Cup Fruit Juice	BREAKFAST Biscuits and Gravy Applesauce Fruit Juice	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice
LUNCH Chicken Nachos w/ Cheese and Salsa w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH BBQ Beef Sandwich with Chips w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Chicken Nuggets Tater Tots w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Cheese Pizza w/Marinara Sauce w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables

Menu items may change pending product availability

2/27/2023	2/28/2023	3/1/2023	3/2/2023
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice	BREAKFAST French Toast Stick String Cheese Fruit Cup Fruit Juice	BREAKFAST Oatmeal with Raisins Yogurt Applesauce Fruit Juice	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice
LUNCH Corn Dogs with Chips and Salsa w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Penne Pasta w/ Meat Sauce and GarlicBread Steamed Vegetables, Fruit, Salad,and Fresh Vegetables	LUNCH Bean and Cheese Burritos with Chips and Salsa w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables	LUNCH Pepperoni Pizza w/ Steamed Vegetables, Fruit, Salad, and Fresh Vegetables

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