GCUSD	April 3rd 2023-April	13th 2023	Menu
4/3/2023	4/4/2023	4/5/2023	4/6/2023
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Sticks	Breakfast Pizza	Breakfast Burritos	Pancakes with Sausage
with Cottage Cheese	Hardboiled Egg	Yogurt	String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
LUNCH	LUNCH	LUNCH	LUNCH
Penne Pasta w/ Meat Sauce	Bean and Cheese Burritos	BBQ Beef Sandwiches	Pepperoni Pizza
and GarlicBread	with Chips and Salsa	w/ Chips	w/ Steamed Vegetables, Fruit,
Steamed Vegetables, Fruit,	w/ Steamed Vegetables, Fruit,	w/ Steamed Vegetables, Fruit,	Salad, and Fresh Vegetables
Salad, and Fresh Vegetables	Salad, and Fresh Vegetables	Salad, and Fresh Vegetables	
4/10/2023	4/11/2023	4/12/2023	4/13/2023
4/10/2023 BREAKFAST	4/11/2023 BREAKFAST	4/12/2023 BREAKFAST	4/13/2023 BREAKFAST
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
BREAKFAST Biscuits and Gravy	BREAKFAST Pancake on a Stick		BREAKFAST French Toast Sticks
BREAKFAST	BREAKFAST	BREAKFAST Pancakes with Sausage	BREAKFAST
BREAKFAST Biscuits and Gravy Yogurt	BREAKFAST Pancake on a Stick Yogurt	BREAKFAST Pancakes with Sausage String Cheese	BREAKFAST French Toast Sticks with Cottage Cheese
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice LUNCH	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice LUNCH	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice LUNCH	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice LUNCH
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice LUNCH Chicken Alfedo w/	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice LUNCH Corn Dogs	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice LUNCH Pulled Pork Sandwiches	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice LUNCH Cheese Pizza
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice LUNCH Chicken Alfedo w/ Garlic Toast	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice LUNCH Corn Dogs w/ Tater Tots	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice LUNCH Pulled Pork Sandwiches w/ Chips	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice LUNCH Cheese Pizza w/Marinara Sauce
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice LUNCH Chicken Alfedo w/ Garlic Toast w/ Steamed Vegetables, Fruit,	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice LUNCH Corn Dogs w/ Tater Tots w/ Steamed Vegetables, Fruit,	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice LUNCH Pulled Pork Sandwiches w/ Chips w/ Steamed Vegetables, Fruit,	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice LUNCH Cheese Pizza w/Marinara Sauce w/ Steamed Vegetables, Fruit,
BREAKFAST Biscuits and Gravy Yogurt Fresh Fruit Fruit Juice LUNCH Chicken Alfedo w/ Garlic Toast w/ Steamed Vegetables, Fruit,	BREAKFAST Pancake on a Stick Yogurt Fresh Fruit Fruit Juice LUNCH Corn Dogs w/ Tater Tots w/ Steamed Vegetables, Fruit,	BREAKFAST Pancakes with Sausage String Cheese Fresh Fruit Fruit Juice LUNCH Pulled Pork Sandwiches w/ Chips w/ Steamed Vegetables, Fruit,	BREAKFAST French Toast Sticks with Cottage Cheese Fresh Fruit Fruit Juice LUNCH Cheese Pizza w/Marinara Sauce w/ Steamed Vegetables, Fruit,

This institution is an equal opportunity provider

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

Student Reduced Prices Students Regular Prices \$.30 cents for Breakfast \$1.25 for Breakfast \$.40 cents for Lunch \$3.00 for Lunch GCUSD

April 17th - 27th 2023

Menu

4/17/2023	4/18/2023	4/19/2023	4/20/2023
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Bagel w/ Cream Cheese	Banana Bread	French Toast Stick	Cereal (Cheerios/Apple Jacks)
Hardboiled Egg	Yogurt	String Cheese	Fruit Cup
Fruit Cup	Fruit Cup	Fruit Cup	String Cheese
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
LUNCH	LUNCH	LUNCH	LUNCH
Chicken Tenders	Bean and Cheese Burritos	Pepperoni Pizza	
Tater Tots	with Chips and Salsa	w/ Steamed Vegetables, Fruit,	
w/ Steamed Vegetables, Fruit,	w/ Steamed Vegetables, Fruit,	Salad, and Fresh Vegetables	Earth DAY BBQ
Salad, and Fresh Vegetables	Salad, and Fresh Vegetables		
4/24/2023	4/25/2023	4/26/2023	4/27/2023
	4/23/2023	4/20/2023	4/2//2025
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
BREAKFAST Muffin	BREAKFAST French Toast Stick	BREAKFAST Pancake on a Stick	BREAKFAST Cereal (Cheerios/Apple Jacks)
BREAKFAST Muffin Yogurt	BREAKFAST French Toast Stick Yogurt	BREAKFAST Pancake on a Stick String Cheese	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup
BREAKFAST Muffin Yogurt Fruit Cup	BREAKFAST French Toast Stick Yogurt Fruit Cup	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice	BREAKFAST French Toast Stick Yogurt Fruit Cup Fruit Juice	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit Fruit Juice LUNCH	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice LUNCH	BREAKFAST French Toast Stick Yogurt Fruit Cup Fruit Juice LUNCH	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit Fruit Juice LUNCH	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice LUNCH
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice LUNCH Penne Pasta w/ Meat Sauce	BREAKFAST French Toast Stick Yogurt Fruit Cup Fruit Juice LUNCH Chicken Stir Fry w/ Brown Rice	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit Fruit Juice LUNCH Chicken Nuggets	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice LUNCH Pepperoni Pizza
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice LUNCH Penne Pasta w/ Meat Sauce and GarlicBread	BREAKFAST French Toast Stick Yogurt Fruit Cup Fruit Juice LUNCH Chicken Stir Fry w/ Brown Rice w/ Steamed Vegetables, Fruit,	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit Fruit Juice LUNCH Chicken Nuggets Tater Tots	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice LUNCH Pepperoni Pizza w/ Steamed Vegetables, Fruit,
BREAKFAST Muffin Yogurt Fruit Cup Fruit Juice LUNCH Penne Pasta w/ Meat Sauce and GarlicBread Steamed Vegetables, Fruit,	BREAKFAST French Toast Stick Yogurt Fruit Cup Fruit Juice LUNCH Chicken Stir Fry w/ Brown Rice w/ Steamed Vegetables, Fruit,	BREAKFAST Pancake on a Stick String Cheese Fresh Fruit Fruit Juice LUNCH Chicken Nuggets Tater Tots w/ Steamed Vegetables, Fruit,	BREAKFAST Cereal (Cheerios/Apple Jacks) Fruit Cup String Cheese Fruit Juice LUNCH Pepperoni Pizza w/ Steamed Vegetables, Fruit,

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

Student Reduced Prices Students Regular Prices \$.30 cents for Breakfast \$1.25 for Breakfast \$.40 cents for Lunch \$3.00 for Lunch