

GCSS CENTENNIAL & ENOTA MENU

September 2017




Adult Breakfast: \$1.50
 Adult Lunch: \$2.75
 All Students Eat at No Cost
 Extra milk is \$0.35

Assorted fat-free or low-fat milk is offered at breakfast & lunch.
 *Menu subject to change due to market conditions, delivery, food availability, & school activities

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Holiday	Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini French Toast Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Mini Cinnis Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c
	Chicken Sandwich Cheese Plate Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheese Pizza PBJ & PopChips Steamed Broccoli 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Crunchy Chicken Taco Sour Cream Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz
11	12	13	14	15
Nutrigrain Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Nuggets (5)-1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Hot Pocket Marinara Dunk Cup PBJ & Popchips Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Breaded Chicken Drumstick 1oz Roll Cheese Plate Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Cheese Pizza PBJ & Popchips Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot Sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Whole grain dessert
18	19	20	21	22
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Cinnamon Roll Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Cheese Plate Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheese Pizza PBJ & Popchips Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Chicken Nachos & Sour Cream Salsa Dunk Cup Grilled Cheese & Yogurt Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Asian Chicken Nuggets PBJ & Crackers Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c Whole grain dessert

This institution is an equal opportunity provider.



25	26	27	28	29 Lunch-to-Go 
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
Chicken Nuggets (5)-1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Stuffed Mozzarella Breadsticks Marinara Dunk Cup PBJ & PopChips Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Roasted Chicken Drumstick 1oz Roll Cheese Plate Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Pepperoni Pizza PBJ & Popchips Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	PBJ & Cheese Stick OR Soybutter & Cheese Stick Includes: Carrots 1/2c Veggie Juice 4oz Fruit Cup 1/2c Whole grain dessert

Sack lunches are for field trips only. They include a peanut butter and jelly sandwich, grain item, fruit, vegetable, and milk. If your child has a peanut allergy, we have a soy butter sandwich available upon request. Let your child's teacher know to request the soy butter sandwich (peanut free, but contains milk, wheat, and soy). Grab and go breakfast jumpstarts are available regularly as an alternative breakfast to be eaten in the classroom. It contains cereal, graham crackers, and juice. Milk and fruit are available.

