

October 2019



Elementary School Menu

Menus are subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did You Know?</p> <p>Columbus Day is celebrated the second Monday every October.</p>	<p>National Vegetarian Day! 1</p> <p>Meatless Quiche Steamed Broccoli Whole Grain Roll Assorted Fruit</p>	<p>Pasta Wednesdays 2</p> <p>Chicken Parmesan Chicken Nuggets with WG Breading over WG Pasta Served with Steamed Green Beans Garlic Bread Fresh Fruit</p>	<p>National Soft Taco Day! 3</p> <p>Soft Beef Tacos Lettuce, Chopped Tomato Shredded Cheese Salsa & Sour Cream Corn & Bean Salad Assorted Fruit</p>	<p>Pizza Fridays! 4</p> <p>Pizza of the Day Fresh Green Salad Fresh Fruit</p>
<p>7</p> <p>Chicken Nugget & Mozzarella Stick Combo Baked Fries WG Roll Peas & Carrots Assorted Fruit</p>	<p>8</p> <p>Chicken Fajitas Refried Beans Salsa Sour Cream Fresh Fruit</p>	<p>9</p> <p>Pasta Wednesdays</p> <p>Whole Grain Pasta with Marinara and Meatballs Served with Steamed Broccoli & Garlic Bread Assorted Fruit</p>	<p>10</p> <p>Brunch For Lunch</p> <p>Scrambled Eggs Sausage Whole Grain Pancakes Hashbrowns Cinnamon Apples Assorted Fruit</p>	<p>11</p> <p>Pizza Fridays!</p> <p>Pizza of the Day Fresh Green Salad Fresh Fruit</p>
<p>14</p> <p>No School Columbus Day</p>	<p>15</p> <p>Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Chickpea Salad Assorted Fruit</p>	<p>16</p> <p>Pasta Wednesdays!</p> <p>Chicken Alfredo Over WG Pasta Served with Steamed Carrots & Garlic Bread Fresh Fruit</p>	<p>17</p> <p>Loaded Nachos Rice & Beans Shredded Lettuce Salsa Sour Cream Assorted Fruit</p>	<p>18</p> <p>Pizza Fridays!</p> <p>Pizza of the Day Fresh Green Salad Fresh Fruit</p>
<p>21</p> <p>Hamburger/ Cheeseburger With lettuce & Tomato Baked Golden Fries Fresh Local Pickles Assorted Fruit</p>	<p>22</p> <p>Lazy Chicken Pot Pie with a whole grain biscuit Steamed Carrots Chickpea Salad Fresh Fruit</p>	<p>23</p> <p>Pasta Wednesdays!</p> <p>Pasta with Meat Sauce Over WG Pasta Served with Steamed Broccoli & Garlic Bread Assorted Fruit</p>	<p>24</p> <p>Half Day K-7 only Turkey Sandwich Fresh Veggies Fresh Fruit</p>	<p>25</p> <p>Half Day K-7 only Sunbutter & Jelly Uncrustables Cheese stick Fresh Veggies Fresh Fruit</p>
<p>28</p> <p>Chicken Patty on a WG Bun Lettuce & Tomato Tater Tots Fresh Fruit</p>	<p>29</p> <p>House-made Shepherd's Pie Whole Grain Roll Chickpea Salad Broccoli</p>	<p>30</p> <p>Pasta Wednesdays</p> <p>Chicken Parmesan Chicken Nuggets with WG Breading over WG Pasta Served with Steamed Green Beans Garlic Bread Fresh Fruit</p>	<p>31</p> <p>Chef Sam's Spicy BBQ Pulled Pork Chili Corn Bread Steamed Carrots Assorted Fruit</p>	<p>* Assorted condiments available daily</p>

Alternates

Mondays: Bagel & Yogurt, Sunbutter & Jelly Sandwich with yogurt

Tuesdays: Ham Sandwich, Sunbutter & Jelly Sandwich w/ yogurt

Wednesdays: Nachos, Sunbutter & Jelly Sandwich with yogurt

Thursdays: Tuna Sandwich, Sunbutter & Jelly Sandwich w/ yogurt

Fridays: Turkey Sandwich, Sunbutter & Jelly Sandwich w/ yogurt

***All alternates are served with fruits & vegetable choices**

For updated information about payment and meal charging, please see our website at www.gpsk12.org

Four Corners lunch price \$2.75
Reduced Lunch Price \$0.40
Milk (when purchased separately from lunch) \$0.60

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This institution is an equal opportunity provider



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