



**OCTOBER 2024 GHS BREAKFAST MENU Yogurt or Peanut butter available. Milk served daily.**

**Menu Subject Change**

**All meals Are Free. Please let us know of any allergies.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1/ Breakfast sandwich Egg/Cheese WG English Muffin Fruit Or WG Cereal	2/ WG Choc. Chip Muffin Fruit Or WG Cereal	3/ Cheesy Egg/Sausage/Potato Casserole WG English Muffin Fruit Or WG Cereal	4/ WG English Muffin W/ PB / J Fruit Or WG Cereal
7/ WG bagels Fruit Or WG Cereal	8/ Breakfast sandwich Egg/Sausage WG English muffin Fruit Or WG Cereal	9/ WG breakfast Bars Fruit Or WG Cereal	10/ WG French Toast Bacon Slices Fruit Or WG Cereal	11/ Fruit parfait WG Granola Bar Fruit Or WG Cereal
14/ <b>NO SCHOOL</b>	15/ Breakfast Sandwich Egg/Bacon WG English Muffin Fruit Or WG Cereal	16/ WG 2 oz. Banana Muffin Fruit Or WG Cereal	17/ WG Pancakes Sausage Links Fruit Or WG Cereal	18/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
21/ WG bagels Fruit Or WG Cereal	22/ Breakfast sandwich Egg/Cheese WG English muffin Fruit Or WG Cereal	23/ 2 oz. WG Honey bun Fruit Or WG Cereal	24/ Quiche Bacon Slices WG English Muffin Fruit Or WG Cereal	25/ Smoothie WG Granola bar Asst. Fruit Yogurt Or WG Cereal
28/ Cottage cheese fruit bowl WG Granola bar Or WG cereal	29/ Breakfast Sandwich Egg/Sausage WG English Muffin Fruit Or WG Cereal	30/ 2 oz. Blueberry muffin Fruit Or WG Cereal	31/ WG Maple French Toast Squares Bacon Slices Fruit Or WG Cereal	

**USDA NONDISCRIMINATION STATEMENT**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

**ESTA INSTITUCION OFRECE IGUALDED DE OPORTUNIDADES.**

**OCTOBER 2024 GHS LUNCH MENU**      **Milk, Fruit, and Salad Bar served daily.**  
**Menu Subject To Change. All Meals Are Free. Please inform us of any allergies.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1/</b> Mac & Cheese <b>1 c.</b> WG Dinner Roll Carrots <b>2/3 c.</b> Sliced Peaches	<b>2/</b> WG Pepperoni Pizza Rounds French Fries <b>½ c.</b> Garden Salad <b>1 c.</b> Apple Crisp Banana	<b>3/</b> Corn Dog Potato Puffs <b>½ c.</b> Corn <b>½ c.</b> Applesauce <b>½ c.</b>	<b>4/</b> Ham & Cheese WG hamburger Roll Lettuce/Tomato <b>¼ c. ea.</b> Carrot Sticks w/ Dip <b>½ c.</b> WG Gold fish Crackers Apple
<b>7/</b> Chicken Patty WG Hamburg Roll Lettuce/Tomato <b>¼ c. ea.</b> Baby Carrots <b>1/2 c. w/Dip</b> Apple Slices	<b>8/</b> Sloppy Joes WG Hamburg Roll Green Beans <b>¾ c.</b> Pineapple Chunks <b>¾ c.</b> WG Gold Fish Crackers	<b>9/</b> WG Stuffed Crust Pizza Caesar Salad <b>1 c.</b> Choc. Chip Cookies Grapes	<b>10/</b> White Chili Corn Bread Sliced Carrots Pineapple Tidbits	<b>11/</b> Turkey /Cheese WG Hamburg Roll Lettuce/Tomato <b>¼ c. ea.</b> Cucumber Wedges w/ Dip <b>½ c.</b> WG Sun Chips Banana
<b>14/</b>  <b>NO SCHOOL</b>	<b>15/</b> Taco Salad Spanish Rice <b>2 oz.</b> Tortilla Chips <b>1 oz.</b> Lettuce/Tomato <b>¼ c. ea.</b> Salsa/Sour Cream <b>1 oz. ea.</b> Pineapple Chunks	<b>16/</b> WG French Bread Pizza Cole Slaw <b>½ c.</b> Baby Carrots <b>½ c.</b> Grapes Brownie	<b>17/</b> Meatloaf Mashed Potato <b>½ c.</b> Gravy Green beans <b>½ c.</b> WG Dinner Rolls Applesauce	<b>18/</b> Tuna Salad WG Hoagie Roll Lettuce/Tomato <b>¼ c. ea.</b> Carrot Sticks w/Dip <b>½ c.</b> WG Gold Fish crackers Orange
<b>21/</b> Chicken Alfredo Broccoli WG Dinner Roll Carrots <b>½ c.</b> Sliced Peaches	<b>22/</b> Beef Stew <b>1 c.</b> Green beans <b>½ c.</b> WG Biscuit Apple Sauce	<b>23/</b> WG Bosco Sticks Cheese Stick 1 oz. Marinara Sauce <b>½ c.</b> Veggie medley <b>½ c.</b> Strawberries <b>½ c.</b>	<b>24/</b> Fish Sticks ( 4 Sticks) Sweet Potato Puffs <b>½ c.</b> Peas <b>½ c.</b> WG Dinner Roll Sliced Pears	<b>25/</b> Crabby Sandwich WG Croissant Lettuce/Tomato <b>¼ c. ea.</b> Cucumber wedges w/ Dip <b>½ c.</b> Sun Chips Watermelon
<b>28/</b> Baked Fried Chicken WG Dinner Roll Baked Potato <b>½ c.</b> Sliced Carrots <b>½ c.</b> Applesauce	<b>29/</b> Meatball Grinders WG Hoagie Rolls Green Beans <b>½ c.</b> Mandarin oranges	<b>30/</b> Stuffed Crust Pizza Caesar Salad <b>1 c.</b> Sugar Cookie Banana	<b>31/</b> Cheeseburgers WG Hamburg Roll Cole Slaw <b>½ c.</b> Potato Puffs <b>½ c.</b> WG Gold fish Sliced Pears	

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