

Garvey School District

K-8 Menus

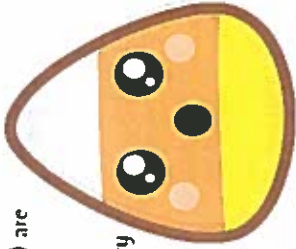
This institution is an equal opportunity provider.

MENUS ARE SUBJECT TO CHANGE.

MEMBER 2019

TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

AVAILABLE DAILY

Breakfast

Assorted WG Cereal & Choice of Low-Fat Yogurt or String Cheese

Breakfast & Lunch

Assorted Fruits & Vegetables At the Salad Bar

WG = Whole Grain



The original value meal & still a fantastic deal!
Breakfast Lunch

FREE \$3.25

Current Free & Reduced Meal Applications will expire October 3, 2019.

Please complete your Child(ren)'s Application for Free or Reduced Meals before October 3rd!

If your application is not renewed or does not qualify, you will be billed for lunch meals charged by your child(ren).

Create an account at <https://www.schoolcafe.com>

If you need assistance, please call (626) 307-3407

Monday-Friday 7:00am-3:30pm

Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
<p>Breakfast WG Breakfast Sausage Sandwich Milk and Fruit</p> <p>Lunch WG Corn Dog or Hot Dog Or Turkey & Cheese Sandwich & Green Beans Assorted Milk & Assorted Fruit</p> <p>Snack WG Cinnamon Goldfish Milk</p>	<p>Breakfast WG Cinnamon Rolls Milk and Fruit</p> <p>Lunch Taco Salad w/ Baked Scoops Or Turkey & Cheese Sandwich & Corn Assorted Milk & Assorted Fruit</p> <p>Snack Low-Fat Yogurt Non-Fat Chocolate & 1% Milk</p>	<p>Breakfast WG Banana Muffin Milk and Fruit</p> <p>Lunch Chicken Sandwich Or Yogurt Parfait & Carrots Assorted Milk & Assorted Fruit</p> <p>Snack WG Goldfish Cheddar Snacks Wild Berry Juice</p>	<p>Breakfast WG Mini Pancakes Milk and Fruit</p> <p>Lunch Beefy Taco Wrap or Turkey-Ham & Cheese Wrap & Vegetarian Beans Assorted Milk & Assorted Fruit</p> <p>Snack Apples & String Cheese Non-Fat Chocolate & 1% Milk</p>	<p>Breakfast Cissant & Egg Omelet Milk and Fruit</p> <p>Lunch BBQ Rib-B-Que Sandwich Or Yogurt Parfait & Mixed Vegetables Assorted Milk & Assorted Fruit</p> <p>Snack Navel Oranges Milk</p>
<p>Breakfast WG Burrito Milk and Fruit</p> <p>Lunch WG Pasta with Meat Sauce Or Yogurt Parfait & Yellow Corn Assorted Milk & Assorted Fruit</p> <p>Snack Chocolate Graham Bears Non-Fat Chocolate & 1% Milk</p>	<p>Breakfast WG Mini Maple Pancakes Milk and Fruit</p> <p>Lunch Hamburger on WG Bun & Green Beans Assorted Milk & Assorted Fruit</p> <p>Snack Scooby Doo Graham Sticks Apple Juice</p>	<p>Breakfast WG Blueberry Muffin Milk and Fruit</p> <p>Lunch Chicken Egg Rolls Or Yogurt Parfait & Broccoli Assorted Milk & Assorted Fruit</p> <p>Snack Apples & String Cheese Non-Fat Chocolate & 1% Milk *Last Day of Eligibility Grace Period*</p>	<p>Breakfast WG Mini French Toast Milk and Fruit</p> <p>Lunch Cheese or Pepperoni Rounds & Mixed Vegetables Assorted Milk & Assorted Fruit</p> <p>Snack WG Multi-Grain Chips Milk</p>	<p>Breakfast WG Mini French Toast Milk and Fruit</p> <p>Lunch Cheese or Pepperoni Rounds & Mixed Vegetables Assorted Milk & Assorted Fruit</p> <p>Snack WG Multi-Grain Chips Milk</p>

SCHOOL LUNCH
what's on your playlist?

National School Lunch Week
October 14-18, 2019

#NSLW19 #SchoolLunch #LunchPlaylist

What's on YOUR plate?

MILK

HALE FRUITS AND VEGETABLES

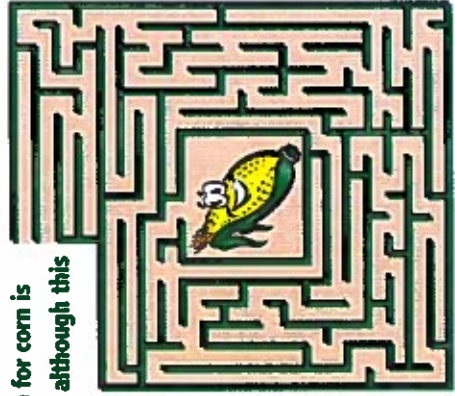
GRAINS, MOSTLY WHOLE

PROTEIN FOODS

DAIRY

Can you solve the Amazing Maze o' Maize?

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still FUN! Can you find your way to the delicious ear of corn in the center?



Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/kidstays/healthy/food/pyramid.html>

Monday, October 14

Breakfast
WG Pan Dulce Concha Milk and Fruit

Lunch
Chicken Tenders & WG Sun Chips & Sweet Potato Fries Assorted Milk & Assorted Fruit

Snack
WG Chex Snacks Milk

Tuesday, October 15

Breakfast
WG Breakfast Pizza Milk and Fruit

Lunch
Beely Nachos or Papa John's Pizza & Corn Assorted Milk & Assorted Fruit

Snack
Applesauce Cup Non-Fat Chocolate & 1% Milk *** (ONLY Dewey, Duff, Emerson, Garvey Int., Hillcrest & Monterey Vista) **

Wednesday, October 16

Breakfast
English Muffin & Egg Patty Milk and Fruit

Lunch
Cheeseburger Sliders Or Yogurt Parfait & Potato Wedges Assorted Milk & Assorted Fruit

Snack
WG Jungle Graham Crackers Apple Juice

Thursday, October 17

Breakfast
WG Mini Pancakes Milk and Fruit

Lunch
Beely Nachos or Papa John's Pizza & Corn Assorted Milk & Assorted Fruit

Snack
Apples & Low-Fat Yogurt Non-Fat Chocolate & 1% Milk *** (ONLY Breely, Rice, Sanchez, Temple Int., and Willard) **

Friday, October 18

Breakfast
WG Belgian Waffle Sticks Milk and Fruit

Lunch
Chicken Drumsticks & Biscuit Or Yogurt Parfait & Green Beans Assorted Milk & Assorted Fruit

Snack
WG Baked Flamin' Hots Milk

Monday, October 21

Breakfast
WG Breakfast Bagel Pizza Milk and Fruit

Lunch
Popcorn Chicken Bites & Baked Goldfish Snack Or Turkey & Cheese Sandwich & Green Peas Assorted Milk & Assorted Fruit

Snack
WG Blueberry Muffin Milk

Tuesday, October 22

Breakfast
Egg, Cheese & Sausage Burrito Milk and Fruit

Lunch
Pasta with Meat Sauce Or Yogurt Parfait & Yellow Corn Assorted Milk & Assorted Fruit

Snack
Chocolate Graham Bears Non-Fat Chocolate & 1% Milk

Wednesday, October 23

Breakfast
WG Apple Pocket Milk and Fruit

Lunch
Hamburger on WG Bun Or Yogurt Parfait & Green Beans Assorted Milk & Assorted Fruit

Snack
Scooby Doo Graham Sticks Wild Berry Juice

Thursday, October 24

Breakfast
WG Blueberry Muffin Milk and Fruit

Lunch
Chicken Egg Rolls Or Yogurt Parfait & Broccoli Assorted Milk & Assorted Fruit

Snack
WG Cheese Crackers Non-Fat Chocolate & 1% Milk

Friday, October 25

Breakfast
WG Mini French Toast Milk and Fruit

Lunch
Corn Dogs or Hot Dogs Or Turkey & Cheese Sandwich & Mixed Vegetables Assorted Milk & Assorted Fruit

Snack
WG Rice Krispies Treats Milk

Monday, October 28

Breakfast
WG Breakfast Sausage Sandwich Milk and Fruit

Lunch
Stuffed Cheese Breadsticks w/ Marinara Sauce Or Turkey & Cheese Sandwich & Green Beans Assorted Milk & Assorted Fruit

Snack
WG Cinnamon Goldfish Milk

Tuesday, October 29

Breakfast
WG Cinnamon Rolls Milk and Fruit

Lunch
Taco Salad w/ Baked Scoops Or Turkey & Cheese Sandwich & Corn Assorted Milk & Assorted Fruit

Snack
Low-Fat Yogurt Non-Fat Chocolate & 1% Milk

Wednesday, October 30

Breakfast
WG Banana Muffin Milk and Fruit

Lunch
Chicken Sandwich & Carrots Assorted Milk & Assorted Fruit

Snack
Maple Waffle Grahams Apple Juice

Thursday, October 31

Breakfast
WG Mini Maple Pancakes Milk and Fruit

Lunch
Crispy Chicken Tenders & WG "Halloween Treat" & Baked Potato Wedges Assorted Milk & Assorted Fruit

Snack
WG Baked Flamin' Hots Non-Fat Chocolate & 1% Milk

HAVE FUN AND STAY SAFE! AND WHATEVER YOU DO, DON'T WASTE FUN OF PAPA JOHN'S COSTUME!