



AUGUST | 2017

Garaway Local Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Numbers next to menu items represent number of carbs per serving.	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 1. Walking Tacos – 45 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 Fiesta Taco Black Beans – 20 Mixed Fruit – 16 *Choice of Milk	24 1. Popcorn Chicken w/ Gingerbread – 25 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 Mashed Potatoes w/ Gravy – 21 Strawberries – 22 *Choice of Milk	25 1. Chicken & Noodles – 22 w/ Biscuit – 22 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 4. 4 Meat Pizza - 36 Green Beans – 4 Fresh Grapes – 15 *Choice of Milk
28 1. Mini Corn Dogs – 30 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 Mixed Vegetables – 9 Garden Salad – 4 Fresh Apples – 12 Choice of Milk	29 1. Stuffed Crust Pizza – 38 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 Green Beans – 4 Applesauce Cup – 14 *Choice of Milk	30 1. Chicken Patty Sandwich - 40 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 Fixin Bar – 9 Baked Beans – 29 Diced Peaches – 16 *Choice of Milk	31 1. Macaroni & Cheese – 22 w/ Slice of Ham - 1 2. PBJ Lunch – 47 3. Yogurt Lunch – 55 4. BBQ Chicken Pizza - 38 It's a Beach Party – S'Mores Bars Fresh Veggies w/ Dip – 4 Sliced Watermelon - 11 *Choice of Milk	

News

Welcome back to school! We are very excited to see you.

Did you know that we serve breakfast every day? Breakfast is the most important meal of the day because it helps to “break” the “fast” that your body has been on since you went to bed the night before. It’s hard to concentrate in the classroom when you have grumbles in your tummy so stop by and see what we have for you. All free and reduced students eat breakfast for free and paid elementary students pay \$1.25 and Garaway 7-12 students pay \$1.75 for a complete meal.