

# OCTOBER | 2019



## Garaway Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b></p>	<p><b>1</b> 13) Cinnamon Toast Crunch, Cinnamon Grahams &amp; Juice OR Cinni Minis w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>2</b> 14) Cocoa Krispies Cereal Bar, Apple Cinnamon Waffle Grahams &amp; Juice OR Sausage Gravy w/ Biscuit &amp; Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>3</b> 15) Strawberry Yogurt Cup w/ Strawberry Chex Mix OR Apple Cinnamon Texas Toast Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>4</b> 1) Apple Jacks, Goldfish Crackers &amp; Juice OR Pancake &amp; Sausage on a Stick w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>
<p><b>7</b> 2) Blueberry Muffin w/ String Cheese OR Sausage &amp; Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>8</b> 3) Trix Cereal w/ Cinnamon Grahams &amp; Juice OR Cinni Minis w/ Juice Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>9</b> 4) Egg &amp; Bacon Pizza OR Sausage Gravy &amp; Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>10</b> <i>P/T Conferences - Early Dismissal</i> 5) Cinnamon Pop-Tart w/ Graham Crackers &amp; Juice OR Apple Cinnamon Texas Toast Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>11</b> County Inservice - No School</p>
<p><b>14</b> 6) Lucky Charms, Cinnamon Goldfish w/ Juice OR Sausage &amp; Biscuit Sandwich w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>15</b> 7) Egg &amp; Cheese Sandwich OR Cinni Minis Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>16</b> 8) Apple Turnover OR Sausage Gravy &amp; Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>17</b> 9) Banana Muffin w/ String Cheese OR Apple Cinnamon Texas Toast Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>18</b> End of First Quarter 10) Cocoa Cherry Bar w/ Hard Cooked Egg OR Pancake &amp; Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>
<p><b>21</b> MUFFIN MONDAY! 11) Blueberry Muffin w/ Hard Cooked Egg OR Froot Loop Breakfast Kit Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>22</b> TWISTED TUESDAY! 12) Blueberry &amp; Cheese Twisted Breadstick OR Strawberry Yogurt Parfait Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>23</b> WAFFLE WEDNESDAY! 13) Mini Waffles OR Cinnamon Toast Crunch Breakfast Kit Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>24</b> TWISTED THURSDAY! 14) Cinnamon Roll or Cocoa Krispies Granola Bar Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>25</b> FANTASTIC FRIDAY! 15) Sausage Gravy &amp; Biscuit OR Strawberry Yogurt with Strawberry Chex Mix Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>
<p><b>28</b> MUFFIN MONDAY! 1) Apple Cinnamon Muffin w/ Hard Cooked Egg OR Apple Jack Breakfast Kit Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>29</b> TWISTED TUESDAY 2) Blueberry &amp; Cheese Twisted Breadstick OR Trix Cereal Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>30</b> WAFFLE WEDNESDAY 3) Mini Waffles OR Sausage &amp; Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>31</b> TWISTED THURSDAY 4) Cinnamon Roll OR Egg &amp; Bacon Pizza Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk</p>	<p><b>1</b></p>

### News

Mornings can be really crazy!! School breakfast is an option when family schedules are rushed or a child is unable to eat early in the morning. Parents can ensure their children are fed before school using the School Breakfast Program. The best thing about school breakfast is

## **It's Only A Buck!!**

Free and Reduced students eat for Free while adults pay \$2.00. A full breakfast consists of 2 whole grain items (or protein choice), juice, fruit & milk. Now that's a bargain!!

# OCTOBER | 2019

## Garaway Elementary Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b></p>	<p><b>1</b> 13) Mexican Pizza OR Meatball Sub OR choice from Grab &amp; Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>2</b> 14) Roast Beef w/ Dinner Roll OR choice from Grab &amp; Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>3</b> 15) Honey BBQ Rib Sandwich or Chicken Patty Sandwich OR choice from Grab &amp; Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>4</b> 1) Maple Glazed French Toast Sticks w/ Sausage Links OR choice from Grab &amp; Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>
<p><b>7</b> 2) Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab &amp; Go Menu (see sidebar) Steamed Broccoli &amp; Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>8</b> 3) Pepperoni Pizza OR choice from Grab &amp; Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>9</b> 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab &amp; Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>10</b> P/T Conferences - Early Dismissal 5) Loaded Nachos OR choice from Grab &amp; Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>11</b> <b>County Inservice No School</b></p>
<p><b>14</b> 6) Twisted Toasted Cheese OR choice from Grab &amp; Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>15</b> 7) Hotdog, Coney OR choice from Grab &amp; Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>Take Your Parents to Lunch Day</b> <b>16</b> 8) Chicken Fries OR choice from Grab &amp; Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>17</b> 9) Cheese Pizza OR choice from Grab &amp; Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>18</b> End of First 9 Weeks 10) Mini Corn Dogs OR choice from Grab &amp; Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>
<p><b>21</b> 11) Cheeseburger on a Bun OR choice from Grab &amp; Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>22</b> 12) Chicken Nuggets OR choice from Grab &amp; Go Menu (See Sidebar) Steamed Carrots Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>23</b> 13) Mexican Pizza OR Meatball Sub OR choice from Grab &amp; Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>24</b> 14) Roast Beef w/ Dinner Roll OR choice from Grab &amp; Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>25</b> Honey BBQ Rib Sandwich or Chicken Patty Sandwich OR choice from Grab &amp; Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>
<p><b>28</b> 1) Maple Glazed French Toast Sticks w/ Sausage Links OR choice from Grab &amp; Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>29</b> Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab &amp; Go Menu (see sidebar) Steamed Broccoli &amp; Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>30</b> 3) Pepperoni Pizza OR choice from Grab &amp; Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>31</b> 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab &amp; Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices &amp; Milk Choice</p>	<p><b>1</b></p>

### Grab & Go Meals

We understand that all children may not like what our special of the day is so we have optional meals every day. If our hot item of the day does not suit our customer they can choose one of the following entrees:

Option A: Peanut Butter & Grape Jelly Uncrustable w/ String Cheese & Goldfish Crackers.

Option B: Trix Strawberry Yogurt w/ Granola, String Cheese & Goldfish Crackers.

The following meal options need to be ordered a day ahead:

Chef Salad, Fruited Yogurt Parfait or Ham and Cheese Sandwich.

Please see your teacher or lunch lady for details.

**Reduced - \$0.40**  
**Elementary - \$2.95**  
**7-12 - \$3.20**  
**Adult - \$3.70**