



# DECEMBER | 2019

## Garaway Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Conference Exchange – No School	<b>3</b> TWISTED TUESDAY! 9) Blueberry & Cheese Twisted Breadstick OR Apple Cinnamon Texas Toast Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>4</b> WAFFLE WEDNESDAY! 10) Mini Waffles OR Cocoa Cherry Bar w/ Hard Cooked Egg Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>5</b> TWISTED THURSDAY! 11) Cinnamon Roll OR Froot Loop Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>6</b> FANTASTIC FRIDAY! 12) Sausage Gravy & Biscuit OR Strawberry Yogurt Parfait Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
<b>9</b> MUFFIN MONDAY! 13) Banana Muffin w/ Hard Cooked Egg OR Cinnamon Toast Crunch Breakfast Kit Choice of Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>10</b> TWISTED TUESDAY! 14) Blueberry & Cheese Twisted Breadstick OR Cocoa Krispies Granola Bar Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>11</b> WAFFLE WEDNESDAY! 15) Mini Waffles OR Strawberry Yogurt w/ Strawberry Chex Mix Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>12</b> TWISTED THURSDAY! 1) Cinnamon Roll OR Apple Jacks Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>13</b> FANTASTIC FRIDAY! 2) Sausage Gravy & Biscuit OR Trix Cereal Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
<b>16</b> MUFFIN MONDAY! 3) Banana Muffin w/ Hard Cooked Egg OR Sausage & Biscuit Sandwich Choice of Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>17</b> TWISTED TUESDAY! 4) Blueberry & Cheese Twisted Breadstick OR Egg & Bacon Pizza Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>18</b> WAFFLE WEDNESDAY! 5) Mini Waffles OR Strawberry Pop-Tart with String Cheese Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>19</b> TWISTED THURSDAY! 6) Cinnamon Roll OR Lucky Charms Cereal Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	<b>20</b> FANTASTIC FRIDAY! 7) Sausage Gravy & Biscuit OR Egg & Cheese Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
<b>23</b> No School – Winter Break	<b>24</b> No School – Winter Break	<b>25</b> No School – Winter Break	<b>26</b> No School – Winter Break	<b>27</b> No School – Winter Break
<b>30</b> No School – Winter Break	<b>31</b> No School – Winter Break	<b>1</b>	<b>2</b>	<b>3</b>

### News

Time is an issue for many people, especially parents. One way to increase the amount of time in your day and to ease worries is to provide breakfast at school for your children. Also, children may find themselves waking up late for school and skipping breakfast altogether because they are racing to the bus stop or to school. By providing breakfast as an option for students, they will be able to have a healthy and nutritious meal before the start of their day, even if it didn't start out as planned. **Free to all free and reduced students. \$1.00 for paid students and \$2 for adults.**



# DECEMBER | 2019

## Garaway Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Conference Exchange – No School	<b>3</b> 9) Cheese Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>4</b> 10) Mini Corn Dogs OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>5</b> 11) Cheeseburger on a Bun OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>6</b> 12) Chicken Nuggets OR choice from Grab & Go Menu (See Sidebar) Steamed Carrots Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
<b>9</b> 13) Mini Pancakes & Sausage Links OR choice from Grab & Go Menu (See Sidebar) Hashbrowns Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>10</b> 14) Roast Beef w/ Dinner Roll OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>11</b> 15) Chicken Patty Sandwich OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>12</b> 1) Maple Glazed French Toast Sticks w/Sausage Links OR choice from Grab & Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>13</b> 2) Bread Cheesesticks w/ Marinara Dipping Sauce OR choice from Grab & Go Menu (see sidebar) Steamed Broccoli & Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
<b>16</b> 3) Pepperoni Pizza OR choice from Grab & Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>17</b> 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>18</b> 5) Walking Tacos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>19</b> 6) Toasted Cheese Sandwich OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	<b>20</b> 7) Hotdog, Sloppy Joe, Coney OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
<b>23</b> No School – Winter Break	<b>24</b> No School – Winter Break	<b>25</b> No School – Winter Break	<b>26</b> No School – Winter Break	<b>27</b> No School – Winter Break
<b>30</b> No School – Winter Break	<b>31</b> No School – Winter Break	<b>1</b>	<b>2</b>	<b>3</b>

### 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**