

SEPTEMBER | 2019



Garaway Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School – Labor Day	3 9) Banana Muffin w/ String Cheese OR Cinni Minis Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	4 10) Cocoa Cherry Bar w/ Hard Cooked Egg OR Sausage Gravy & Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	5 11) Froot Loops, Honey Graham Crackers & Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	6 12) Strawberry Yogurt Parfait OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
9 13) Cinnamon Toast Crunch, Cinnamon Grahams & Juice OR Sausage & Biscuit Sandwich w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	10 14) Cocoa Krispies Cereal Bar, Apple Cinnamon Waffle Grahams & Juice OR Cinni Minis & Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	11 15) Strawberry Yogurt Cup w/ Strawberry Chex Mix OR Sausage Gravy & Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	12 1) Apple Jacks, Goldfish Crackers & Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	13 2) Blueberry Muffin w/ String Cheese OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
16 3) Trix Cereal w/ Cinnamon Grahams & Juice OR Sausage & Biscuit Sandwich w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	17 4) Egg & Bacon Pizza OR Cinni Minis Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	18 5) Cinnamon Pop-Tart w/ Graham Crackers & Juice OR Sausage Gravy & Biscuit w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	19 6) Lucky Charms, Cinnamon Goldfish w/ Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	20 7) Egg & Cheese Sandwich OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
23 8) Apple Turnover OR Sausage & Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	24 9) Banana Muffin w/ String Cheese OR Cinni Minis Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	25 10) Cocoa Cherry Bar w/ Hard Cooked Egg OR Sausage Gravy & Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	26 11) Froot Loops, Honey Graham Crackers & Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	27 Swiss Festival – No School
30 12) Strawberry Yogurt Parfait OR Sausage & Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	1	2	3	4

News

It is wonderful if your family has time to eat breakfast together in the morning, but if not and your children eat breakfast on the run, it may not be as much or as wholesome as you would like. Further, if your children have a long bus ride, they may be hungry by the time they arrive at school. Whether or not your children have time to eat at home, the School Breakfast Program ensures a healthy option is always available and affordable. Free and Reduced-Price students eat breakfast for Free. Paid Students - \$1.00. Adults - \$2.00

SEPTEMBER | 2019



Garaway Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School – Labor Day	3 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	4 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	5 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	6 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
9 13) Mexican Pizza OR Meatball Sub OR choice from Grab & Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	10 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	11 15) Honey BBQ Rib Sandwich or 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	12 16) 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	13 17) Cheese Mozzarella Bread 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
16 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	17 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	18 5) Walking Tacos OR Loaded Nachos OR choice from Grab & Go Menu (See Sidebar) Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	19 6) Twisted Toasted Cheese OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	20 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
23 8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	24 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	25 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	26 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	27 No School – Swiss Festival
30 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	1	2	3	4

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