



MARCH | 2020

Garaway Schools Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

4 Egg & Bacon Pizza OR Cinni Minis
Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit
Choice of Milk

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

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

National School Breakfast Week – *Be sure to get a delicious Breakfast from our Cafeteria – you will enjoy it!!*

9 Egg & Cheese Sandwich OR Pancake & Sausage on a Stick
Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit
Choice of Milk

10 Apple Turnover OR Sausage & Biscuit Sandwich
Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit
Choice of Milk

11 Banana Muffin w/ String Cheese OR Cinni Minis
Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit
Choice of Milk

12 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

13 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

16 Apple Cinnamon Muffin w/ Hard Cooked Egg or Strawberry Yogurt Parfait
Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit
Choice of Milk

17 Blueberry & Cheese Twisted Breadstick OR Cinnamon Toast Crunch Breakfast Kit
Choice of Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

18 Mini Waffles OR Cocoa Krispies Granola Bar Crunch Breakfast Kit
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

19 Cinnamon Roll or Strawberry Yogurt w/ Strawberry Chex Mix
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

20 Sausage Gravy & Biscuit OR Apple Jack Breakfast Kit
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

23 Chocolate Chip Muffin w/ Hard Cooked Egg or Trix Breakfast Cereal Kit
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

24 Blueberry & Cheese Twisted Breadstick OR Sausage & Biscuit Sandwich
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

25 Mini Waffles OR Egg & Bacon Pizza
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

26 Cinnamon Roll OR Strawberry Pop-Tart w/ String Cheese
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

27 Sausage Gravy & Biscuit OR Lucky Charms Breakfast Kit
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

30 Blueberry Muffin w/ Hard Cooked Egg OR Egg & Cheese Sandwich
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

31 Blueberry & Cheese Twisted Breadstick OR Apple Turnover
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

1 Mini Waffles OR Cinni Minis
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

2 Cinnamon Roll OR Cocoa Cherry Bar w/ String Cheese
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

3 Sausage Gravy & Biscuit OR Froot Loops Breakfast Kit
Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit
Choice of Milk

News

We know that it is more important to eat our fruit than drink our fruit juice, which is why we offer a wide selection of fresh, dried and canned fruit. However, we know that some students are not willing to try new things so we offer a ½ cup of fruit juice every morning so they can get a dose of essential vitamins in the morning. The juice does not offer the fiber that the piece of fresh fruit would so we offer ALL WHOLE GRAIN breakfast items.

Breakfast is FREE for all free and reduced students and only \$1.00 for paid students.



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Garaway Elementary Schools Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 2) 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</p>	<p>3 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</p>	<p>4 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</p>	<p>5 5) Walking Tacos OR choice from Grab & Go Menu (See Sidebar) Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice</p>	<p>6 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</p>
<p>9 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</p>	<p>10 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</p>	<p>11 9) Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice</p>	<p>12 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</p>	<p>13 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</p>
<p>16 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</p>	<p>17 13) Pizza OR choice from Grab & Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice</p>	<p>18 14) COOK'S CHOICE OR choice from Grab & Go Menu (See Sidebar) Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice</p>	<p>19 5) 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</p>	<p>20 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</p>
<p>23 2) Cheese Sticks 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</p>	<p>24 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</p>	<p>25 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</p>	<p>26 5) Walking Tacos OR choice from Grab & Go Menu (See Sidebar) Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice</p>	<p>27 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</p>
<p>30 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</p>	<p>31 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</p>	<p>1</p>	<p>2</p>	<p>3</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 & Cheese Sandwich.
Please see your teacher or lunch lady for details.

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