

# NOVEMBER | 2019



## Garaway Breakfast Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

28	29	30	31	1 FANTASTIC FRIDAY! 5) Sausage Gravy & Biscuit OR Strawberry Pop-Tart w/ String Cheese Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
4 MUFFIN MONDAY! 6) Banana Muffin w/ Hard Cooked Egg OR Lucky Charms Breakfast Kit Choice of Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	5 TWISTED TUESDAY! 7) Blueberry & Cheese Twisted Breadstick OR Egg & Cheese Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	6 WAFFLE WEDNESDAY! 8) Mini Waffles OR Apple Turnover Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	7 TWISTED THURSDAY! 9) Cinnamon Roll OR Apple Cinnamon Texas Toast Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	8 FANTASTIC FRIDAY! 10) Sausage Gravy & Biscuit OR Cocoa Cherry Bar w/ Hard Cooked Egg Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
11 MUFFIN MONDAY! 11) Blueberry Muffin w/ Hard Cooked Egg OR Froot Loop Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	12 BOOKS WITH BREAKFAST Cook's Choice	13 WAFFLE WEDNESDAY! 13) Mini Waffles OR Cinnamon Toast Crunch Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	14 BOOKS WITH BREAKFAST Cook's Choice	15 FANTASTIC FRIDAY! 15) Strawberry Yogurt w/ Strawberry Chex Mix Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
18 MUFFIN MONDAY! 1) Chocolate Chip Muffin w/ Cheese OR Apple Jack Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	19 TWISTED TUESDAY! 2) Blueberry & Cheese Twisted Breadstick OR Trix Cereal Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	20 WAFFLE WEDNESDAY! 3) Mini Waffles OR Sausage & Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	21 TWISTED THURSDAY! 4) Cinnamon Roll OR Egg & Bacon Pizza Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	22 FANTASTIC FRIDAY! 5) Sausage Gravy & Biscuit OR Strawberry Pop-Tart w/ String Cheese Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
25 MUFFIN MONDAY! 6) Apple Cinnamon Muffin w/ Cheese OR Lucky Charms Breakfast Kit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	26 TWISTED TUESDAY! 7) Blueberry & Cheese Twisted Breadstick OR Egg & Cheese Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	27 WAFFLE WEDNESDAY! 8) Mini Waffles OR Apple Turnover Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	28 Happy Thanksgiving – NO SCHOOL  Be sure to walk off that Thanksgiving Meal or play a game of football!	29 Thanksgiving Break – NO SCHOOL

### News

Breakfast at school is affordable! A full breakfast costs less than convenience store items. If you qualify for the lunch program, you also qualify for the breakfast program, with no additional paperwork. Payment is based upon parent income and is confidential. If you must pay, you will only have to pay \$1.00. Nowhere else will you find a balanced breakfast at such a low cost.

Free to all Free and Reduced Students  
\$1.00 – Full Price Students  
\$2.00 – Adults

# NOVEMBER | 2019



## Garaway Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1
4 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	5 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	6 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	7 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	5) Walking Tacos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
11 1) 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	12 12) Chicken Nuggets OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	13 13) Beef & Noodles OR choice from Grab & Go Menu (See Sidebar) Broccoli & Dinner Roll Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	14 14) Mexican Pizza OR choice from Grab & Go Menu (See Sidebar) Corn Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	8 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
18 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	19 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	20 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	21 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	15) Chicken Patty Sandwich OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
25 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	26 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	27 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	28 Happy Thanksgiving – NO SCHOOL  Be sure to walk off that Thanksgiving Meal or play a game of football!	22 5) Loaded Nachos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
				29 Thanksgiving Break – NO SCHOOL

### 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**