

OCTOBER | 2020

Garaway High School/Middle School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28B: Sausage Biscuit Sandwich, Dried Cranberries, Fruit Juice & Choice of Milk</p> <p>L: French Toast Sticks & Sausage Links, Hash Brown Patties, Diced Peaches, Fresh Grapes and Choice of Milk</p>	<p>29 B: Cinnamon Toast Crunch, Cheese Stick, Applesauce Cup, Fruit Juice & Choice of Milk</p> <p>L: Cheeseburger on a Bun with Pickles, Carrot & Celery Sticks w/ Hummus, Watermelon, Mixed Berries and Choice of Milk</p>	<p>30 B: Cherry Frudel, Fresh Fruit, Juice and Choice of Milk</p> <p>L: Three Cheese Calzone, Green Pea Salad, Fresh Apple, Diced Pears and Choice of Milk</p>	<p>1 B: Strawberry Pancakes, Mixed Fruit Cup, Fruit Juice and Choice of Milk</p> <p>L: Ham and Cheese Sandwich, Broccoli & Cauliflower Salad, Applesauce, Fresh Orange and Choice of Milk</p>	<p>2 No School</p>
<p>5 B: Banana Bread, Strawberry Cup, Fruit Juice and Choice of Milk</p> <p>L: Rotini Pasta w/ Meat Sauce, Dinner Roll, Tossed Salad, Diced Pears, Fresh Apple and Choice of Milk</p>	<p>6B: Cinnamon Pop Tart, Graham Crackers, Raisins, Fruit Juice & Choice of Milk</p> <p>L: BBQ Rib Sandwich, Bread and Butter Pickles, Three Bean Salad, Fresh Fruit, Strawberry Cup & Choice of Milk</p>	<p>7 B: Uncrustable, Strawberry Craisins, Orange Juice & Choice of Milk</p> <p>L: Cheese Stuffed Breadsticks w/ Marinara Sauce, Chickpea Salad, Mixed Fruit & Fresh Apple Choice of Milk</p>	<p>8 B: Sausage Gravy & Biscuit, Fresh Fruit, Fruit Juice & Choice of Milk</p> <p>L: Popcorn Chicken, Pasta Salad, Baby Carrots w/ Ranch Dressing, Strawberry Cup & Choice of Milk</p>	<p>9 B: Cocoa Cherry Bar, Yogurt Cup, Peach Cup, Orange Juice & Choice of Milk</p> <p>L: Hotdog, Creamy Cole Slaw, Bread & Butter Pickles, Diced Pears, Fresh Grapes & Choice of Milk</p>
<p>12 B: Strawberry Smoothie, Granola Bar, Raisins and Choice of Milk</p> <p>L: Chicken and Cheese Quesadilla, Corn Chips with Cowboy Caviar, Fresh Pear & Choice of Milk</p>	<p>13 B: Oatmeal Breakfast Cookie, Applesauce, Fruit Juice & Milk</p> <p>L: Submarine Sandwich, Potato Salad, Baby Carrots, Peach Cup & Choice Of Milk</p>	<p>14 B: Pancake Wrap, Orange Slices, Fruit Juice & Choice of Milk</p> <p>L: Macaroni & Cheese w/ Blueberry Muffin, Tossed Salad, Apple Slices, Mixed Fruit Cup & Choice of Milk</p>	<p>15 B: Froot Loops, Graham Crackers, Raisins, Fruit Juice and Choice of Milk</p> <p>L: Toasted Cheese Sandwich, Cup of Chili, Fresh Broccoli w/ Ranch, Applesauce, Fresh Orange and Choice of Milk</p>	<p>16 No School</p>
<p>19 B: Egg & Bacon Pizza, Mixed Berry Cup, Fruit Juice & Choice of Milk</p> <p>L: Chicken Salad Sandwich, Baby Carrots w/ Hummus, Pickle Spear, Grapes, Applesauce & Choice of Milk</p>	<p>20B: Cinni Minis, Apple Slices, Fruit Juice & Choice of Milk</p> <p>L: Pepperoni Calzone, Tossed Salad, Fresh Pear, Strawberry Cup and Choice of Milk</p>	<p>21B: Sausage Biscuit Sandwich, Dried Cranberries, Fruit Juice & Choice of Milk</p> <p>L: French Toast Sticks & Sausage Links, Hash Brown Patties, Diced Peaches, Fresh Grapes and Choice of Milk</p>	<p>22 B: Cinnamon Toast Crunch, Cheese Stick, Applesauce Cup, Fruit Juice & Choice of Milk</p> <p>L: Cheeseburger on a Bun with Pickles, Carrot & Celery Sticks w/ Hummus, Watermelon, Mixed Berries and Choice of Milk</p>	<p>23 B: Cherry Frudel, Fresh Fruit, Juice and Choice of Milk</p> <p>L: Three Cheese Calzone, Green Pea Salad, Fresh Apple, Diced Pears and Choice of Milk</p>
<p>26 B: Strawberry Pancakes, Mixed Fruit Cup, Fruit Juice and Choice of Milk</p> <p>L: Ham and Cheese Sandwich, Broccoli & Cauliflower Salad, Applesauce, Fresh Orange and Choice of Milk</p>	<p>27B: Banana Bread, Strawberry Cup, Fruit Juice and Choice of Milk</p> <p>L: Rotini Pasta w/ Meat Sauce, Dinner Roll, Tossed Salad, Diced Pears, Fresh Apple and Choice of Milk</p>	<p>28: Cinnamon Pop Tart, Graham Crackers, Raisins, Fruit Juice & Choice of Milk</p> <p>L: BBQ Rib Sandwich, Bread and Butter Pickles, Three Bean Salad, Fresh Fruit, Strawberry Cup & Choice of Milk</p>	<p>29 B: Uncrustable, Strawberry Craisins, Orange Juice & Choice of Milk</p> <p>L: Cheese Stuffed Breadsticks w/ Marinara Sauce, Chickpea Salad, Mixed Fruit & Fresh Apple Choice of Milk</p>	<p>30 B: Sausage Gravy & Biscuit, Fresh Fruit, Fruit Juice & Choice of Milk</p> <p>L: Popcorn Chicken, Pasta Salad, Baby Carrots w/ Ranch Dressing, Strawberry Cup & Choice of Milk</p>

News

We can offer breakfast and lunch to every student **FREE** of charge this month due to COVID-19. Save some money on your grocery bill by eating at school. You can choose the lunch entrée as listed on them menu or choose to have a **Yogurt Meal** (4 ounce yogurt, granola, Goldfish crackers and mozzarella cheesestick) or an **Uncrustable Meal** (Smuckers Peanut Butter and Jelly Sandwich with Goldfish Crackers and a mozzarella cheesestick).

Milk without a meal is charged \$0.50