

GESU Elementary Lunch Menu September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 5 Beef OR Chicken Soft Taco OR Corn Dogs Spanish Rice Fruit Slushy Milk or Water Pretzels	September 6 Pizza OR Corn Dogs <i>Baked</i> Fries Fresh Peaches Milk or Water	September 7 Donut Holes WG w/ Sausage Links OR Corn Dogs Corn & Warm Apples slices Milk or Water	September 8 Pizza OR Popcorn Chicken Fresh Pineapple <i>Baked</i> Waffle Fries Milk or water
	<div style="border: 1px solid black; padding: 5px; font-size: small;"> The "WG" on the menu indicates the product is "Whole Grain". Whole grains foods have many nutritional benefits including their fiber which helps to keep us full longer after eating them! </div>			
September 11 Grilled Cheese OR Crispy Chicken Sandwich Grapes Baked Carrots Milk or Water Nachos w/Cheese	September 12 Beef Soft Taco OR Crispy Chicken Sandwich Peppers, Corn & Rice Watermelon Milk or Water Pretzels	September 13 Pizza OR Crispy Chicken Sandwich Roasted Brussel Sprouts <i>Baked</i> Sweet Potato Waffle Fries Milk or water	September 14 Spaghetti w/ Meat Balls & Garlic Stick OR Crispy Chicken Sandwich Green Beans & Apples Milk or Water Fresh Smoothie	
September 18 Mac & Cheese OR Cheeseburger Zucchini & Squash Pears Milk or Water Nachos w/Cheese	September 19 Chicken or Beef Walking Taco OR Cheeseburger Rice and Black Beans Fresh Pineapple Milk or Water Pretzels	September 20 Pizza OR Cheeseburger Fresh Peaches <i>Baked</i> Sweet Potato Fries Milk or water	September 21 Chocolate Chip Pancake w/Sausage Links OR Cheeseburger Orange Slices Broccoli Milk or water	
September 25 Ham & Cheese Sandwich OR Grilled Chicken Sandwich /WG Bun Green Beans Pears Milk or Water Nachos w/Cheese	September 26 Beef or Chicken Soft Taco OR Grilled Chicken Sandwich /WG Bun Roasted Potatoes Corn Milk or Water Pretzels	September 27 Pizza OR Grilled Chicken Sandwich /WG Bun Cauliflower <i>Baked</i> Smile Fries Milk or water	September 28 French Toast Sticks w/Sausage Links OR Grilled Chicken Sandwich WG Bun Grapes Broccoli Parmesan Milk or Water Fresh Smoothie	
October 2 Sloppy Joe /WG Bun OR Hot Dog /WG Bun Peaches Butternut Squash Milk or Water Nachos w/Cheese	October 3 Beef or Chicken Soft Taco OR Hot Dog /WG Bun Corn & Rice Fresh Pineapple Milk or Water Pretzels	October 4 Pizza OR Hot Dog /WG Bun Pears <i>Baked</i> Fries Milk or water	October 5 Turkey, Bacon, Egg, & Cheese Breakfast Croissant WG OR Hot Dog /WG Bun Carrots & Fruit Salad Milk or Water Fresh Smoothie	
October 6 Pizza OR Mini Corn Dogs Fruit Slushy <i>Baked</i> Sweet Potato Fries Milk or water				



Menus are subject to change.



Lunch Price.....\$3.50
 Entrée Only.....\$2.50
 Side Only.....\$1.00

**Pizza Days are Wed. & Fri.
\$2.50 a Slice**

A La Carte Selections

- Grilled Chicken Salad 5.00
- Fresh Baked Muffin 1.00
- Yogurt Parfait w/granola 2.50
- Side Salad 2.50
- Entrée Only 2.50
- Fresh Turkey Wraps 3.25
- Assorted Snacks 1.00 - 2.00
- Seasonal Hand Fruit 1.00
- Assorted Milk .50
- Cheese Stick .50
- Assorted Ice Cream 1.00 - 2.50
- Assorted Beverages 1.50
- Soft Pretzel 1.25 - Tuesday
- Nachos 2.00 - Monday
- Smoothies 1.50 - Thursday

Please Note That All Combo Meals Are Served With Your Choice of Milk or Water

Cafeteria Manager
Laura Coviello
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