

August/September Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 Corn Flakes Sliced Apples Organic Milk	25 Pancakes Mixed Berries Organic Milk
28 Whole Grain Waffles Peaches Organic Milk	29 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	30 Whole Wheat Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	31 Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	1 NO SCHOOL
4 NO SCHOOL	5 Whole Grain French Toast Sticks Apple Sauce Organic Milk	6 Cornflakes Fresh Bananas Organic Milk	7 Whole Grain Pancakes Apple Sauce Organic Milk	8 Blueberry Muffins Chilled Peaches Organic Milk
11 Whole Grain Waffles Apple Sauce Organic Milk	12 Banana Bread Muffins Blueberries Organic Milk	13 Cinnamon Raisin Bread Fresh Bananas Organic Milk	14 Whole Grain Bread Sun Butter Fresh Bananas Organic Milk	15 Cheerios Chilled Peaches Organic Milk
18 Whole Grain French Toast Sticks Applesauce Organic Milk	19 Rice Krispie Cereal Fresh Bananas Organic Milk	20 Toasted Whole Wheat English Muffins Jelly Chilled Pears Organic Milk	21 Corn Flakes w/Apples & Raisins Organic Milk	22 Whole Grain Pancakes Mixed Berries Organic Milk
25 NO SCHOOL	26 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	27 Toasted Oat Cereal Fresh Apple Slices Organic Milk	28 Banana Bread Muffins Blueberries Organic Milk	29 Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk

Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all-natural applesauce, diced fruits stored in juice (not syrup).

- This menu is subject to change due to unforeseen circumstances.

August/September Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 AM Trail Mix and Juice PM Wheat Thins and Orange Slices	25 AM Pretzels and Sun Butter PM Corn Chex and Organic Milk
28 AM Whole Wheat Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	29 AM Sliced American Cheese and Wheat Thins PM Seasonal Fruit & Vanilla Wafers	30 AM Diced Peaches with Teddy Grahams PM Whole Wheat Bread with Apple Butter	31 AM Whole Grain Goldfish with Fresh Fruit PM Fruit and Wheat Thins	1 NO SCHOOL
4 NO SCHOOL	5 AM Apple Slices, Pretzels and Sun Butter PM Trail Mix and Juice	6 AM Wheat Thins and Diced Pears PM Baby Carrots and Pita chips with Ranch	7 AM Whole Grain Cheerios and Organic Milk PM Whole Wheat Bagel w/ Cream Cheese & Jelly	8 AM Orange Slices and Whole Grain Ritz Crackers PM Fruit and Cheese
11 AM Whole Wheat Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	12 AM Sliced American Cheese and Wheat Thins PM Seasonal Fruit & Vanilla Wafers	13 AM Teddy Grahams and Diced Peaches PM Whole Wheat Bread with Apple Butter	14 AM Vanilla Yogurt and Pineapple PM Pretzels and Applesauce	15 AM String Cheese and Pretzels PM Rice Krispie Treats and Orange Slices
18 AM Goldfish with Fresh Fruit PM Fruit and Wheat Thins	19 AM Vanilla Yogurt and Mandarin Orange PM Cucumbers with Ranch Dressing and Tortilla Chips	20 AM Trail Mix and Juice PM Graham Crackers and Pineapple	21 AM Cereal Bars and String Cheese PM Wheat Thins and Orange Slices	22 AM Pretzels and Sun Butter PM Corn Chex Organic Milk
25 NO SCHOOL	26 AM Seasonal Fruit and Vanilla Wafers PM Goldfish and Juice	27 AM Teddy Grahams and Banana PM Whole Wheat Tortilla with Sun Butter	28 AM Wheat Thins and Baby Carrots w/Ranch Dressing PM Fruit and Cheese	29 AM Applesauce and Pretzels PM Carrot Sticks and Pita Chips w/ Ranch Dressing

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August/September Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
NO SCHOOL	NO SCHOOL	NO SCHOOL	Chicken Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	Cheeseburger Whole Grain Bun Green Peas Chilled Pears Organic Milk
28	29	30	31	1
Whole Grain Cheese Ravioli Marinara Sauce Green Beans Tossed Vegetable Salad Organic Milk	Grilled Chicken Brown Rice Steamed Broccoli Mandarin Oranges Organic Milk	Whole Grain Pancakes Chicken Sausage Links Applesauce Organic Milk	Beefaroni Shredded Mozzarella Cheese Green Peas Pears Organic Milk	NO SCHOOL
4	5	6	7	8
NO SCHOOL	Chicken Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	Chicken Tenders Salad w/Ranch Dressing Fresh Bananas Organic Milk	Turkey Swedish Meatballs Egg Noodles Green Peas Fresh Orange Wedges Organic Milk	Whole Grain Cheese Ravioli Marinara Sauce Green Beans Chilled Pears Organic Milk
11	12	13	14	15
Whole Grain Macaroni and Cheese Steamed Broccoli Diced Pears Organic Milk	Whole Grain Spanish Rice with Chicken and Shredded Cheese Sour Cream Chilled Peaches Organic Milk	Tomato Soup Cheese Breadsticks Salad w/ Ranch Dressing Organic Milk	Baked Fish Sticks Steamed Broccoli Whole Grain Rolls Fresh Orange Wedges Organic Milk	Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk
18	19	20	21	22
Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	Vegetarian Taco: Black Beans Shredded Cheese Lettuce Yellow Corn Sour Cream Whole Grain Tortillas Organic Milk	Sandwich Roll Sliced Turkey & Cheese Lettuce Fresh Fruit Organic Milk	Whole Grain Cheese Ravioli w/ Marinara Sauce Green Beans Tossed Vegetable Salad Organic Milk	Sloppy Joes (Ground Chicken) Whole Grain Hot Dog Buns Broccoli Pineapple Organic Milk
25	26	27	28	29
NO SCHOOL	Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk

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