

# Garfield August 2022



Child Nutrition and  
Wellness

USD 457

**Breakfast and  
Lunch Menu**

Mon

Tue

Wed

Thu

Fri

## Welcome Back!

The Nutrition and Wellness Department is honored to have all district students eat breakfast and lunch with us. Our goal is to provide healthy meals that satisfy our customers!

### Free and Reduced Priced Meals

To apply for free or reduced meals, parents or guardians must complete a Child Nutrition Program Benefits Application each year. Applications are available after July 11 on line <https://frapps.horizonsolana.com/GARC01> or at the Nutrition Service Office, located at 1205 Fleming. Eligibility is based on income guidelines issued annually by the federal government.

### 2022—23 Meal Prices

	Brk	Lunch
PreK-6	\$ 1.70	\$ 2.75
7 - 8	\$ 1.80	\$ 2.85
9 - 12	\$ 2.00	\$ 3.00
Reduced	\$ 0.30	\$ 0.40
Adult	\$ 2.75	\$ 4.35

**BEEF**   
**POULTRY**   
**PORK** 

		Half Day No Meals Served	Mini Cinnis Fruit Choice ..... Crispy Chicken Nuggets Broccoli Cheese Sauce Frozen Fruit Cup Whole Wheat Roll <b>HG Grill Day</b>	Breakfast Pizza Fruit Choice ..... Cheeseburgers Sweet Potato Fries Mixed Fruit
15	16	17	18	<b>JB Grill Day</b> 19
Mini Bagel Fruit Choice ..... Cheese Stick/Marinara Green Beans Pineapple Tidbits	Waffle Fruit Choice ..... Pig in Blanket Mixed Vegetables Apple Slices <b>BSIC Grill Day</b>	Ham Bar/Biscuit Fruit Choice ..... Walking Tacos Taco Garnish Salsa Tropical Fruit Salad	Cheese Stick Fruit Choice ..... BBQ Rib Sandwich Seasoned Pinto Beans Strawberries & Banana	Cooks Choice Fruit Choice ..... Chicken and Noodles Glazed Carrot Coins Fresh Fruit Cup
22	23	24	25	<b>GCHS Grill Day</b> 26
Mini Pancakes Fruit Choice ..... Country Beef Patty Steamed Green Peas Chilled Pears Whole Wheat Roll	Grilled Cheese Fruit Choice ..... Crispy Chicken Nugge... Curly Fries Frozen Fruit Cup <b>CSIC Grill Day</b>	Lumberjack Stick Fruit Choice ..... Tony's Pepperoni Pizza Salad Bar Cinnamon Applesauce	<b>Did you know:</b> USDA requires schools to serve only whole grain enriched foods. So all of the bread, tortillas, rice and pasta on the school menu is at least 51% whole grain rich!	
29	30	31		

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