



Child Nutrition and Wellness

USD 457

Breakfast and Lunch Menu

# August 2022

Mon	Tue	Wed	Thu	Fri
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**Welcome Back!**

The Nutrition and Wellness Department is honored to have all district students eat breakfast and lunch with us. Breakfast is FREE for all students and students who qualify for reduced meals, will also receive lunch FREE. 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	Free	\$ 2.75
7 - 8	Free	\$ 2.85
9 - 12	Free	\$ 3.00
Reduced	Free	Free
Adult	\$ 2.75	\$ 4.35

Pork 🐷  
Beef 🐮  
Poultry 🐔

		Half Day No Meals Served	Mini Cinnis Fruit Choice 🐔 ..... 🐔 Crispy Chicken Nuggets Broccoli Cheese Sauce French Fries Frozen Fruit Cup Whole Wheat Roll <b>HG Grill Day</b>	Breakfast Pizza 🐔 Fruit Choice ..... Cheeseburgers 🐷 Sweet Potato Fries Baked Beans Mixed Fruit
15	16	17	18	19
Mini Bagel Fruit Choice ..... Spaghetti with Marinara Green Beans Pineapple Tidbits Breaded Cheese Stick	Waffle Fruit Choice ..... 🐔 Pig in Blanket Mixed Vegetables Potato Smiles Apple Slices <b>BSIC Grill Day</b>	Ham Bar/Biscuit 🐷 Fruit Choice ..... Walking Tacos 🐷 Taco Garnish Refried Beans Salsa Tropical Fruit Salad	Cheese Stick Fruit Choice ..... BBQ Rib Sandwich 🐷 Sandwich Garnish Seasoned Pinto Beans Strawberries & Banana RF Doritos	Cooks Choice Fruit Choice ..... Chicken and Noodles 🐔 Glazed Carrot Coins Mashed Potatoes Fresh Fruit Cup Whole Wheat Roll <b>GCHS Grill Day</b>
22	23	24	25	26
Mini Pancakes Fruit Choice ..... Country Beef Patty 🐷 Steamed Green Peas Mashed Potato/Gravy Chilled Pears Whole Wheat Roll	Grilled Cheese Fruit Choice ..... Crispy Chicken Nugge... 🐔 Broccoli and Cheese Curly Fries Frozen Fruit Cup <b>CSIC Grill Day</b>	Lumberjack Stick 🐔 Fruit Choice ..... 🐷 Tony's Pepperoni Pizza Salad Bar Cinnamon Applesauce Cookie		
29	30	31		

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