

September 2022



Garden City
Schools Lunch
and Breakfast
Menu

Mon

Tue

Wed

Thu

Fri

On line menus can be viewed
at
www.gckschools.nutrislice.com

Breakfast Round
Fruit Choice
.....
Frito Pie 🍷
Golden Steamed Corn
Fresh Orange Smile
Cinnamon Roll

Breakfast Pizza 🍷
Fruit Choice
.....
Monthly Special!
Check your Cafeteria
1 **Ply Grill Day** 2

No School
Labor Day

Cheese Quesadilla
Fruit Choice
.....
Corndogs 🍷
Salad Bar
Tatter Tots
Pineapple & Strawberries
AHE Grill Day 6

Ham Bar/Biscuit 🍷
Fruit Choice
.....
Grilled Chicken Sandwich
Sandwich Garnish 🍷
Potato Smiles
Mixed Fruit 7

Cheese Sticks
Fruit Choice
.....
Sandwich Bar 🍷
Mandarin Oranges/kiwi
RF Cheetos 8

Cooks Choice
Fruit Choice
.....
Enchiladas 🍷
Taco Garnish
Tropical Fruit Salad
Nacho Chips/Salsa
GCHS Grill Day 9

Mini Cinnamon Rolls
Fruit Choice

Chicken Fajita 🍷
Taco Garnish
Refried Beans
Applesauce
Nacho Chips 12

Dutch Waffles
Fruit Choice
.....
Cheeseburger 🍷
Sandwich Garnish
Sweet Potato Puffs
Baked Beans
Fresh Orange Smile
AB Grill Day 13

Breakfast Bites 🍷
Fruit Choice
.....
Tony's Cheese Pizza
Salad Bar
Chilled Peaches
Cookie 14

Breakfast Biscuit 🍷
Fruit Choice
.....
Boneless Wings 🍷
Broccoli and Cauliflower
Grapes
Fried Rice 15

Breakfast Pizza
Fruit Choice
.....
Cheesy Nacho Supreme
Golden Steamed corn
Fiesta Fruit Salad
Grill Day GM 16

Mini Bagel
Fruit Choice
.....
Spaghetti/Meat Sauce 🍷
Green Beans
Pineapple Tidbits
Garlic Bread 19

Waffle Sticks
Fruit Choice
.....
Hot Dog 🍷
Mixed Vegetables
Curly Fries
Apple Slices
ES Grill Day 20

Ham Bar/Biscuit 🍷
Fruit Choice
.....
Walking Tacos 🍷
Taco Garnish
Refried Beans
Salsa
Tropical Fruit Salad 21

Cheese Stick
Fruit Choice
.....
Country Pork Patty 🍷
Side Salad
Mashed Potato/Gravy
Strawberry and Bananas
Whole Wheat Roll 22

Yogurt Parfaits
Fruit Choice
.....
Fried Chicken Leg 🍷
Macaroni and Cheese
Glazed Carrot Coins
Fresh Fruit Cup
Whole Wheat Roll
Grill Day GCHS 23

Mini Pancakes
Fruit Choice
.....

Country Beef Patties 🍷
Steamed Green Peas
Mashed Potato/Gravy
Chilled Peaches
Whole Wheat Roll 26

Grilled Cheese
Fruit Choice
.....
Crispy Chicken Tenders 🍷
Broccoli Cheese Sauce
French Fries
Frozen Fruit Cup
Whole Wheat Roll
FW Grill Day 27

Lumberjack Stick 🍷
Fruit Choice
.....
Tony's Sausage Pizza 🍷
Salad Bar
Peaches
Cookie 28

**No School
Teacher Inservice** 29

**No School
Teacher Inservice** 30

Thanks to our
partnership with
Tyson and GCCC,
Grill Days will
Feature Kansas
Raised Beef!!

Garden City Nutrition and
Wellness Department
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www.gckschools.com

This institution is an equal opportunity provider.