



High School Breakfast Menu

September, 2019

2

**LABOR DAY
NO SCHOOL**

3

Egg Frittata

**Pineapple Tidbits
Orange Juice**
Milk: Skim, 1% or
Chocolate Skim

4

Pancake Melt

**Applesauce,
Orange Juice**
Milk: Skim, 1% or
Chocolate Skim

5

Tortilla Egg Roll

**Mixed Fruit,
Pineapple Juice**
Milk: Skim, 1% or
Chocolate Skim

6

Country Biscuit &
Gravy

Fresh Apples; Apple
Juice; Milk: Skim 1%
or Chocolate Skim

9

**Sausage Egg &
Cheese Burrito**

Diced Pears, Apple Juice
Milk: Skim, 1% or Chocolate
Skim

10

**Tortilla Sausage,
Cheese & Egg Roll**

**Pineapple Tidbits,
Fruit Juice**
Milk: Skim, 1% or
Chocolate Skim

11

**French Toast
Sticks**

**Applesauce, Grape
Juice**
Milk: Skim, 1% or
Chocolate Skim

12

**Egg Cheese &
Sausage Flatbread**

**Mixed Fruit, Pineapple
Juice**
Milk: Skim, 1% or Chocolate
Skim

13

**Sausage Breakfast
Pizza
Fresh Peach Slices,
Orange Juice**

Milk: Skim, 1% or
Chocolate Skim

16

**WG Pancakes
w/Bacon**

**Fresh Banana, Apple
Juice**
Milk: Skim, 1%, or
Chocolate Skim

17

**Ham & Cheese
Breakfast Roll**

**Fresh Grapes,
Orange Juice**
Milk: Skim, 1%, or
Chocolate Skim

18

Cinnamon Roll

**Applesauce, Grape
Juice**
Milk: Skim, 1%, or
Chocolate Skim

19

**Cheesy Ham, Egg &
Potato Taco**

**Fresh Banana, Mixed
Fruit, Apple
Juice**
Milk: Skim, 1%, or
Chocolate Skim

20

Apple Stick

**Diced Peaches,
Orange Juice**
Milk: Skim, 1%, or
Chocolate Skim

23

Southwest Egg &
Cheese w/ Toast

Fresh Apple
100% Fruit Juice

24

Ham & Cheese Roll

Fresh Orange
100% Fruit Juice

25

Scramble Egg, Ham
& Cheese Breakfast
Bowl w/Toast
Tater Tots

Cup Applesauce
100% Fruit Juice

26

Sausage Egg &
Cheese Pancake
SDW

Fresh Banana
100% Juice

27

Egg Chicken &
Cheese Burrito

Diced Peaches
100% Juice

30

Cheese & Sausage
Quesadillas

Fresh Apple
100% Juice

1

2

3

4

Please Visit Java City

More info... Staff Breakfast served daily at
Gary Gore between 6am – 830am.
Staff Breakfast \$2.65

More info... Served Daily Pick 3 items to create a meal.

Parfaits, Smoothies, WG Toast, Breakfast Bar, Assorted Muffins;
Assorted Hot/Cold Cereal; Fat Free White & Chocolate Milk; 100%
Fruit Juice; Cup of Fruit; String Cheese



High School Lunch Menu

September 2019

2
LABOR DAY
NO SCHOOL

3
Sweet & Sour Chicken
W/Broccoli & Plain Rice

Cup Applesauce, Celery
Sticks, Dinner Roll

4
Italian Cheese Pizza
Vegetable Salad

Fresh Banana
Steamed Carrots
Cucumber Slices

5
Fish Filet SDW
Mac & Cheese

Black Chipotle Beans
Baby Carrots
Cup Diced Pears

6
Chicken Carbone
w/ Bacon

Tossed Salad
Fresh Apples

9
Breaded Drumstick
w/Biscuit

Mashed Potato
Dinner Roll
Fresh Orange

10
Chicken Parmesan
W/ Spaghetti

Green Beans
Tomato Wedges
Cup Diced Pears

11
Popcorn Chicken
Dinner Roll

Sweet Potato Fries
Spinach
Cup Diced Peaches

12
Chicken Nuggets w/
Dinner Roll

Steamed Zucchini
Squash
Tater Tots, Fresh Apples

13
Bacon Cheeseburger

Campfire Pinto
Beans
Fresh Orange
Wedges

16
Grilled Cheese SDW

Tomato Soup
Cup Mixed Fruit

17
Sloppy Joe SDW

Green Beans
Baby Carrots
Cup Diced Pears

18
Country Chicken Bowl

Black Chipotle Beans
Fresh Celery
Cup Fresh Grapes

19
Maple Pancakes
Turkey Sausage
Patty

Cup Fresh Grapes
Tater Tots
Baby Carrots

20
Popcorn Chicken w/
Dinner Roll

Sweet Potato Fries
Steam Spinach
Cup Diced Peaches

23
Meatloaf w/Gravy
Mashed Potato
Dinner Roll

Fresh Apple
Milk

24
Nacho Cheese
Walking Taco
Mexican Corn

Fresh Orange
Milk

25
Orange Popcorn
Chicken w/ Broccoli
LoMein Noodles

Cup Applesauce
Milk

26
Country Chicken Bowl
Steamed Carrots
Biscuit

Fresh Banana
Milk

27
Wings of Fire &
Biscuit Basket
Fresh Carrots
French Fries

Fresh Apple
Milk

30
Waffle Chicken Bowl
Hash Browns
Chz Scrambled Eggs

Diced Pears
Milk

1

2

3

4

More info... Staff Lunch served daily at Gary
Gore between 11:30am – 1:00pm
Staff Lunch \$3.75

More info... Served Daily Pick 3 items to create a meal.
Fresh Fruit
1% Milk
Side Salad
SBJ SDW