

Back to school



Menus for August 2024

Ganado Unified School District # 20

This institution is an equal opportunity provider. Menus are subject to change.

KIDS! Join us daily for the original value meal!

All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the Community Eligibility Program!



Monday, August 5

Breakfast
WG Pancakes, Syrup,
Sausage Patty,
Banana
Choice of Milk

Lunch
Beef Chili w/ Beans
WG Cornbread
Steamed Carrots
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, August 6

Breakfast
Corn Mush,
Boiled Egg
Fresh Fruit,
Choice of Milk

Lunch
WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, August 7

Breakfast
WG Toast, Jelly,
Scrambled Eggs,
Fruit Cup,
Choice of Milk

Lunch
Corn Dog
French Fries
Broccoli Raisin Salad
Ketchup/Mustard
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, August 8

Breakfast
Blueberry Muffin,
Yogurt, Asst. Juice,
Orange Smiles,
Choice of Milk

Lunch
Bean Burrito
Lettuce/Tomato
Black Beans
Salsa
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, August 9

Breakfast
Wg French Toast
Sticks, Syrup
Sausage Patty
Fresh Fruit
Choice of Milk

Lunch
Chicken Teriyaki
Seasoned Brown Rice
Asian Vegetables
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Monday, August 12

Breakfast
WG Breakfast Pizza,
Cheese Stick,
Fruit Cups,
Choice of Milk

Lunch
Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Fresh Fruits
Choice of Milk
HS,MS Alternate Choice

Tuesday, August 13

Breakfast
Western Omelet
Quesadilla, Salsa,
Apple Juice,
Fresh Fruit,
Choice of Milk

Lunch
Chicken Bowl
Dinner Roll
Steamed Broccoli
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, August 14

Breakfast
Cinnamon Rolls,
Scramble Eggs,
Tater Tots, Fresh Fruit
Choice of Milk

Lunch
Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
HS,MS Alternate Choice

Thursday, August 15

Breakfast
Banana Muffin,
Assorted Yogurt,
Juice, Fresh Fruit
Choice of Milk

Lunch
Spaghetti Noodles
w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, August 16

Breakfast
Oatmeal, Wg Toast,
Scrambled Eggs,
Fresh Fruit
Choice of Milk

Lunch
Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

We're SO GLAD to see you! It's going to be a GREAT YEAR and we can't wait to serve your meals!

I am the letter

W

watermelon

NUTRITION TO GO

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A TASTY MORSEL FOR PARENTS

Now serving: Protein, Calcium and ...FIBER?!



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids – and a fairly minimal source of sugar and calories.

<p>Monday, August 19</p> <p>Breakfast Egg & Sausage Sandwich, Mix Berries Assorted Juice, Choice of Milk</p> <p>Lunch Turkey Sandwich Gr. Chili Chicken Soup Romaine Salad Ranch Dressing Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Tuesday, August 20</p> <p>Breakfast Breakfast Burrito, Salsa, Assorted Juice, Fresh Banana, Choice of Milk</p> <p>Lunch Chili Mac WG Dinner Roll Steamed Carrots Cucumber Slices Ranch Dressing Choice of Milk HS, MS Alternate Choice</p>	<p>Wednesday, August 21</p> <p>Breakfast WG Breakfast Pizza, Juice, Fresh Fruit Choice of Milk</p> <p>Lunch Grilled Chicken Sandwich on Wg Bun Coleslaw Gr Leaf/Tomato Slice Sweet Potato Fries Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Thursday, August 22</p> <p>Breakfast WG Biscuits, Cheesy Scramble Eggs, Fresh Fruit Choice of Milk</p> <p>Lunch Salisbury Steak Mashed Potato Steamed Broccoli Wg Dinner Roll Fresh Fruit Choice of Milk HS, MS Alternate Choice</p>	<p>Friday, August 23</p> <p>Breakfast Blueberry Muffin, Yogurt, Asst. Juice, Orange Smiles, Choice of Milk</p> <p>Lunch Beef Soft Taco Pinto Beans Shred Lettuce/Tomato Salsa Fresh Fruit Choice of Milk HS, MS Alternate Choice</p>
<p>Monday, August 26</p> <p>Breakfast White Cornmeal, Sausage Patty, Juice Fruit Cups, Choice of Milk</p> <p>Lunch Red Pozole WG Flour Tortilla Romaine Salad Ranch Dressing Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Tuesday, August 27</p> <p>Breakfast Cold Cereal, WG Toast, Jelly, Fresh Banana, Choice of Milk</p> <p>Lunch Hamburger Gravy Mashed Potato Steamed Broccoli Blue Corn Cornbread Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Wednesday, August 28</p> <p>Breakfast Breakfast Burrito, Salsa, Assorted Juice, Fresh Banana, Choice of Milk</p> <p>Lunch Sweet/Sour Chicken Stir Fry Seasoned Brown Rice Green Beans Parsley Carrots Choice of Milk HS,MS Alternate Choice</p>	<p>Thursday, August 29</p> <p>Breakfast Toasted English Muffin, Hash Brown Casserole, Mix Berries, Choice of Milk</p> <p>Lunch Chicken Nachos Romaine Salad Celery Sticks Fruit Mix Fresh Fruit Choice of Milk HS, MS Alternate Choice</p>	<p>Friday, August 30</p> <p>Breakfast Cinnamon French Toast, Syrup, Fresh Oranges, Choice of Milk</p> <p>Lunch Meat Lasagna Garlic Toast Romaine Salad Hot Mix Veggies Fresh Fruit Choice of Milk HS, MS Alternate Choice</p>

Still the Best Deal in Town

Breakfast	Lunch
\$2.50	\$3.75

We provide free Breakfast and Lunch to all Students

Available Daily@Middle/High School:

- Monday: Hamburger
- Tuesday: Deli Sandwich
- Wednesday: Bean Burrito
- Thursday: Pepperoni Pizza
- Friday: Corndogs

Menu are subject to Change

Word of the Month

per·se·ver·ance

noun. 1. the quality of never giving up 2. persisting at a task or object despite difficulties, obstacles, and discouragement