

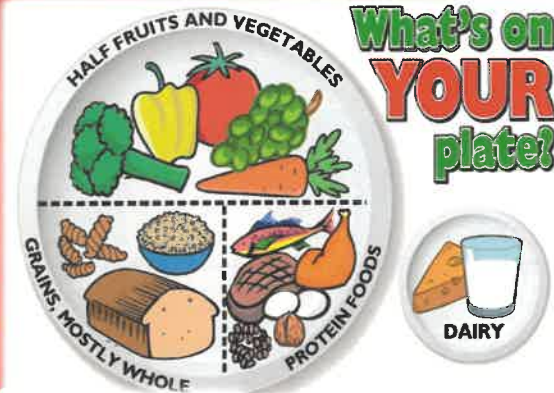


Ganado Unified School District # 20

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

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

GUSD NUTRITION SERVICES



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 1

Breakfast

Blue Cornmeal Muffin
Sausage Patty
Fresh Fruits
Choice of Milk

Lunch

BBQ Pork Sandwich
Tex-mex Beans
Red Bell Peppers
Cole Slaw
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Tuesday, December 2

Breakfast

Breakfast Burrito,
Salsa,
Fresh Fruits,
Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Ranch Beans
Fresh Apple
Choice of Milk
MS, HS Alternate Choice

Wednesday, December 3

Breakfast

Cold Or Hot Cereal,
WG Toast, Banana,
Asst. Juice,
Choice of Milk

Lunch

Spaghetti Noodles
w/Meat Sauce
Romaine Salad
WG Bread Stick
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, December 4

Breakfast

Waffle, Syrup
Scrambled Eggs,
Fresh Fruits
Choice of Milk

Lunch

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

Friday, December 5

Breakfast

Brown Rice w/ Raisins
WG Toasted
Fresh Fruits
Choice of Milk

Lunch

Hamburger on
WG Bun (Cheese)
Gr Leaf/Tomato Slice
Sweet Potato Fries
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Monday, December 8

Breakfast

Fruity Breakfast Pizza
Sausage Patty
Apple Juice, Fruit
Choice of Milk

Lunch

Pig in a Blanket
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Tuesday, December 9

Breakfast

Blue Corn Mush
Hard Boiled Egg
Fresh Fruits
Choice of Milk

Lunch

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

Wednesday, December 10

Breakfast

Turkey Ham, Egg,
Chees Sandwich
Apple Juice, Fruit
Choice of Milk

Lunch

Pork Carnitas
Blue Corn Bread
French Fries
Cole Slaw
Fresh Fruits
Choice of Milk
MS,HS Alternate Choice

Thursday, December 11

Breakfast

Banana Muffin,
Assorted Yogurt,
Fresh Fruits
Choice of Milk

Lunch

Chicken Burrito
Wg Torilla Chips
Lettuce/Tomato
Refried Beans
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Friday, December 12

Breakfast

French Toast Sticks
Syrup, Tater Tots,
Sausage Patty
Assorted Fruits
Choice of Milk

Lunch

Mandarin Orange
Chicken w/ Br. Rice
Steamed Broccoli
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

I am the letter

B



bee

Available Daily

Monday: Corndogs
 Tuesday: Chicken Tacos
 Wednesday: Grilled Cheese
 Thursday: Pepperoni Pizza
 Friday: Deli Sandwich
Menu are subject to change

'Tis the Season!



Kids!

Please join us for
 a Holiday Feast!
 Wednesday,
 Dec. 17

Where do all of our
 crazy names for
 food come
 from?



WORDS
 OF
 MOUTH

This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!



Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

Monday, December 15

Breakfast

Cream of Wheat
 PB Jelly Sandwich
 Fresh Fruits
 Choice of Milk

Lunch

Baked Chicken Drums
 WG Biscuit
 Potato Wedges
 Steamed Carrots
 Fresh Fruit
 Choice of Milk
 MS,HS Alternate Choice

Tuesday, December 16

Breakfast

Blueberry Muffin,
 Assorted Yogurt,
 Fresh Fruit
 Choice of Milk

Lunch

Macaroni & Cheese
 Garlic Toast
 Romaine Salad
 Baby Carrots
 Fresh Fruit
 Choice of Milk
 MS,HS, Alternate Choice

Wednesday, December 17

Breakfast

WG Breakfast Pizza,
 Fresh Fruit,
 Apple Juice
 Choice of Milk

Lunch

Roast Beef
 Mashed Potato
 W/ Brown Gravy
 Green Beans
 Wg Lunch Roll
 Holiday Cookie
 Fruited Gelatin

Thursday, December 18

Breakfast

WG Pancakes
 Syrup, Apple Juice
 Fresh Fruit
 Choice of Milk

Lunch

Lamb Stew
 WG Fry Bread
 Romaine Salad
 Baked Beans
 Fresh Fruit
 Choice of Milk
 MS,HS Alternate Choice

Friday, December 19

Breakfast

Breakfast Burrito
 Mild Salsa
 Fresh Fruits
 Choice of Milk

Lunch

Pepperoni Pizza
 Celery Sticks
 Ranch Dressing
 Cole Slaw
 Fresh Fruit
 Choice of Milk
 MS,HS Alternate Choice



From
 Mrs. Ben F/S Supervisor,
 GUSD Nutrition Services
 Staff at your school!



We'll see you
 again in 2026!

Winter Holiday begins
 at the end of classes
 Friday, December 19

Classes resume
 Monday, January 5