

WELCOME TO THE NEW YEAR!


# MENUS FOR JANUARY 2023

GANADO UNIFIED SCHOOL DISTRICT #20

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

I am the letter

# M



milk

## DON'T 4GET!

To make a lunch, choose at least one



and 3-5 items total

GUSD CHILD NUTRITION SERVICES



## Just be glad it's 2023 and not 46 B.C.

You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, *that's* a long school year!

## Welcome Back!

**YOU'RE GOOD.**



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

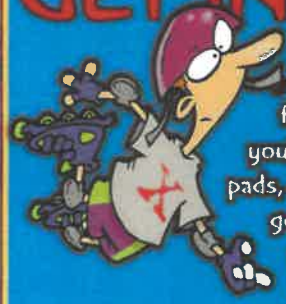
GUSD #20 SCHOOL DISTRICT NUTRITION SERVICES

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| <p><b>Wednesday, January 4</b></p> <p><b>Breakfast</b><br/>Western Omelet<br/>Quesadilla, Salsa,<br/>Diced Pears, Apple,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Beef Burrito<br/>Brown Rice<br/>Steam Carrots<br/>Romaine Salad<br/>Fresh Fruit<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> | <p><b>Thursday, January 5</b></p> <p><b>Breakfast</b><br/>WG Bagel, Cream<br/>Cheese, Ham Slice,<br/>Asst. Juice, Orange,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Taco Soup<br/>WG Tortilla Chips<br/>Spanish Rice<br/>Fruit Mix<br/>Steamed Broccoli<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> | <p><b>Friday, January 6</b></p> <p><b>Breakfast</b><br/>Breakfast Pizza Or<br/>Cold Cereal, Asst. Juice,<br/>Fresh Banana,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Turkey Deli Sandwich<br/>Green Leaf, Tomato<br/>Celery Sticks<br/>Fresh Orange<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> |
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| <p><b>Monday, January 9</b></p> <p><b>Breakfast</b><br/>French Toast, Syrup,<br/>Assorted Yogurt,<br/>Fresh Apples, Juice,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Pepperoni Pizza<br/>Romaine Salad<br/>Green Beans<br/>Ranch Dressing<br/>Fruit Mix<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> | <p><b>Tuesday, January 10</b></p> <p><b>Breakfast</b><br/>Hot or Cold Cereal,<br/>WG Toast, Jelly,<br/>Apple Cinnamon<br/>Slices, Choice of Milk</p> <p><b>Lunch</b><br/>Green Chili Pozole<br/>WG Cornbread<br/>Steamed Broccoli<br/>Fresh Fruit<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> | <p><b>Wednesday, January 11</b></p> <p><b>Breakfast</b><br/>Breakfast Burrito,<br/>Salsa, Diced Pears,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Chicken Bowl<br/>WG Slice Bread<br/>Green Peas<br/>Fruit Mix<br/>Assorted Milk<br/>HS,MS Alternate Choice</p> | <p><b>Thursday, January 12</b></p> <p><b>Breakfast</b><br/>Banana Muffin,<br/>Scrambled Eggs,<br/>Asst Juice, Banana,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Spaghetti w/<br/>Meat Sauce<br/>Romaine Salad<br/>Carrot Sticks<br/>Ranch Dressing<br/>Diced Peaches<br/>HS,MS Alternate Choice</p> | <p><b>Friday, January 13</b></p> <p><b>Breakfast</b><br/>Brown Rice Or Cold<br/>Cereal, Scramble Eggs,<br/>Apple Slices,<br/>Choice of Milk</p> <p><b>Lunch</b><br/>Ham Deli Sandwich<br/>Green Leaf, Tomato<br/>Celery Sticks<br/>Baked Chips<br/>Fresh Orange<br/>Choice of Milk<br/>HS, MS Alternate Choice</p> |
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# GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, January 16

## Martin Luther King, Jr.

1929  
1968



1964  
Awarded  
Nobel Peace  
Prize

No School

Tuesday, January 17

### Breakfast

Hot or Cold Cereal,  
WG Toast w/Jam, Asst.  
Juice, Fresh Apples,  
Choice of Milk

### Lunch

Pig N' Blanket  
Baked Beans  
French Fries  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Wednesday, January 18

### Breakfast

Yellow Cornmeal,  
Granola Bar, Asst.  
Juice, Banana,  
Choice of Milk

### Lunch

Frito Chile Pie  
Shred Lettuce/Tomato  
Shred Cheese  
Fresh Broccoli  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Thursday, January 19

### Breakfast

Breakfast Pizza, Cheese  
Sticks, Sliced Apple,  
Diced Peaches,  
Choice of Milk

### Lunch

Braised Beef  
Seasoned Brown Rice  
WG Dinner Roll  
Steamed Corn  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Friday, January 20

### Breakfast

WG Biscuit, Sausage  
Gravy, Mixed Berries,  
Asst. Juice  
Choice of Milk

### Lunch

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

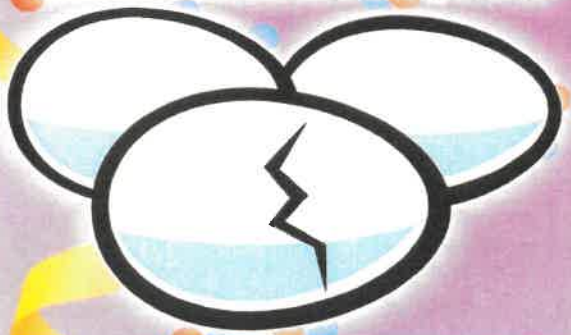


### You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a beaker or other plastic container

# Make a "rubber" egg!

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 **Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. **You've created a rubber egg!**
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look **like a popped balloon!**



Monday, January 23

### Breakfast

Breakfast Taco, Salsa,  
Fruit Cup,  
Choice of Milk

### Lunch

Native Taco w/  
Fry Bread  
Shred Lettuce, Tomato  
Salsa  
Mixed Berries  
Choice of Milk  
HS,MS Alternate Choice

Tuesday, January 24

### Breakfast

Pancake, Syrup,  
Cheese Sticks, Apple,  
Choice of Milk

### Lunch

Turkey Deli Sandwich  
Green Leaf, Tomato  
Baked Chips  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Wednesday, January 25

### Breakfast

Asst. Cold Cereal,  
Banana Muffin, Asst.  
Juice, Slice Apples,  
Choice of Milk

### Lunch

Chicken Fajitas  
Shred Lettuce, Tomato  
WG Flour Tortillas  
Chili Beans  
Fresh Apple  
Assorted Milk  
HS,MS Alternate Choice

Thursday, January 26

### Breakfast

Scrambled Eggs w/  
Sausage, WG Toast,  
Asst. Juice, Orange  
Smiles, Choice of Milk

### Lunch

Beef Stew  
WG Cornbread  
Romaine Salad  
Ranch Dressing  
Fresh Orange  
Choice of Milk  
HS,MS Alternate Choice

Friday, January 27

### Breakfast

Breakfast Muffin, Asst.  
Yogurt, Banana,  
Choice of Milk

### Lunch

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

Monday, January 30

### Breakfast

Egg & Sausage  
Sandwich, Fruit Cup,  
Apple Juice,  
Choice of Milk

### Lunch

Gr. Chili Chicken Soup  
WG Tortilla Chips  
Spanish Rice  
Steamed Broccoli  
Peaches Slices  
Choice of Milk  
HS, MS Alternate Choice

Tuesday, January 31

### Breakfast

Hot or Cold Cereal,  
WG Toast, Jelly,  
Apple Cinnamon  
Slices, Choice of Milk

### Lunch

Beef Burrito  
Cilantro Lime Br. Rice  
Steamed Carrots  
Romaine Salad  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

## Available Daily

Monday: Grilled Ham & Cheese  
Tuesday: Cheese Burger  
Wednesday: Corndogs  
Thursday: Chicken Sandwich  
Friday: Turkey Wrap

Menu is Subject to Change Daily