

Welcome to the New Year!

2026

Menus for January

GANADO UNIFIED SCHOOL DISTRICT #20

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

Monday, January 5

Breakfast

Egg & Sausage Sandwich,
Fresh Fruit, Juice
Choice of Milk

Lunch

Chicken Bowl
w/Mashed Potato
Dinner Roll
Green Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, January 6

Breakfast

WG Breakfast Pizza,
Fresh Fruits,
Choice of Milk

Lunch

Bean Burrito
Cilantro Lime Br Rice
Shred Lettuce/Tomato
Black Bean Salad
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, January 7

Breakfast

Blueberry Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

Sloppy Joe on Wg
Homemade Bun
Celery Sticks
French Fries
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, January 8

Breakfast

WG Biscuit, Jelly,
Scramble Eggs,
Fresh Fruit
Choice of Milk

Lunch

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

Friday, January 9

Breakfast

Brown Rice w/Raisins
WG Toast, Jelly
Fresh Fruit
Choice of Milk

Lunch

Chicken Pot Pie
Romaine Salad
Ranch Dressing
Seasoned Gr Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Monday, January 12

Breakfast

Cold Cereal,
WG Toast, Jelly,
Fresh Banana,
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, January 13

Breakfast

WG Breakfast Burrito,
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

Grilled Ham & Cheese
French Fries
Celery Sticks
Tomato Soup
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, January 14

Breakfast

WG Bagel, Cream
Cheese, Sausage,
Fresh Fruit
Choice of Milk

Lunch

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

Thursday, January 15

Breakfast

Waffle, Syrup
Scrambled Eggs,
Fresh Fruits
Choice of Milk

Lunch

Chicken Nuggets
Steamed Corn
Sliced Bread
Cole Slaw
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, January 16

Breakfast

Yellow Cornmeal,
WG Toast, Jelly
Fresh Fruit,
Choice of Milk

Lunch

Corn Dog
French Fries
Baked Beans
Ketchup/Mustard
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

GUSD NUTRITION SERVICES



What's on
YOUR
plate?

Put me in my place!
Is the tomato a fruit or a vegetable?



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

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

Available Daily

At Middle & High School

Monday: Corndogs

Tuesday: Grilled Cheese

Wednesday: Burrito

Thursday: Pepperoni Pizza

Friday: Deli Sandwich

Menu are subject to change.

Monday, January 19



School will be closed today
in honor of the birthday of
Martin Luther King, Jr.

Tuesday, January 20

Breakfast

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

Lunch

Philly Chicken Sub
Romaine Salad
Ranch Dressing
Seasoned Veggies
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Wednesday, January 21

Breakfast

Turkey Ham, Egg,
Cheese Sandwich
Fresh Fruits
Choice of Milk

Lunch

Ravioli
Green Peas
Carrot Sticks
WG Lunch Roll
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, January 22

Breakfast

Banana Muffin,
Assorted Yogurt,
Fresh Fruits
Choice of Milk

Lunch

Red Chili Pozole
WG Cornbread
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, January 23

Breakfast

French Toast Sticks
Syrup, Tater Tots,
Assorted 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, January 26

Breakfast

Cream of Wheat
PB Jelly Sandwich
Fresh Fruits
Choice of Milk

Lunch

Baked Chicken Thigh
WG Biscuit
Potato Al Gratin
Steamed Carrots
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Tuesday, January 27

Breakfast

Blueberry Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

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

Wednesday, January 28

Breakfast

English Muffin, Jelly
Breakfast Bowl
Fresh Fruits
Choice of Milk

Lunch

Beef Tips w/Noodles
Wg Lunch Roll
Seasoned Gr Peas
California Veggies
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Thursday, January 29

Breakfast

WG Pancakes
Syrup, Apple Juice
Fresh Fruit
Choice of Milk

Lunch

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

Friday, January 30

Breakfast

Breakfast Burrito
Mild Salsa
Fresh Fruits
Choice of Milk

Lunch

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

Q: What do these six different foods have in common?

Pears Popcorn Nuts Beans
Whole Grains Broccoli

These foods might seem very different, but they're all good sources of a substance that's important for a healthy diet. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the magical substance they all share!

IS T W R O A
A N E C F E N
E N L G G E O I
R P B H G E O I
P I R S B
P I U R C O
P C P S S A N O

ANSWER: _____

LICENSE TO KRILL

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES



THE LOWEST AND THE HIGHEST PLACES IN THE
CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA
AND ARE LESS THAN 100 MILES
APART! THE DESERT FLOOR AT BADWATER, CA
IN DEATH VALLEY NATIONAL PARK
SITS AT 279 FEET BELOW SEA LEVEL. JUST
84.6 MILES AWAY, MOUNT WHITNEY
RISES 14,505 FEET ABOVE SEA LEVEL!

STRANGE BUT TRUE!



Source: Geographer