

WELCOME BACK!!!

Menus for July 30-August 29, 2025

GANADO UNIFIED SCHOOL DISTRICT #20

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



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

Wednesday, July 30

Breakfast

Corn Mush,
Sausage Patty
Fresh Fruit,
Choice of Milk

Lunch

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

Thursday, July 31

Breakfast

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

Lunch

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

Friday, August 1

Breakfast

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

Lunch

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

Monday, August 4

Breakfast

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

Lunch

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

Tuesday, August 5

Breakfast

Blue Cornmeal,
Boiled Egg
Asst Juice, Fresh Fruit
Choice of Milk

Lunch

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

Wednesday, August 6

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 7

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 8

Breakfast

Oatmeal, Peanut
Butter Jelly Sandwich ,
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

YOU'RE GOOD™



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GANADO UNIFIED SCHOOL DISTRICT
NUTRITION SERVICES

Monday, August 11

Breakfast

Cream of Wheat,
WG Toast, Jelly,
Fresh Banana
Choice of Milk

Lunch

Hamburger on a Bun
Gr Leaf/Tomato
Potato Wedges
Ketchup
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, August 12

Breakfast

Blueberry Muffin,
Asst. Yogurt, Juice,
Fresh Fruit
Choice of Milk

Lunch

Hot Dog on a WG Bun
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, August 13

Breakfast

Toasted English
Muffin, Cold Cereal,
Fresh Fruit
Choice of Milk

Lunch

Beef Tips Over
Noodles
WG Lunch Roll
Green Peas
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, August 14

Breakfast

WG Pancakes, Syrup,
Fresh Fruits
Choice of Milk

Lunch

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

Friday, August 15

Breakfast

Breakfast Burrito,
Salsa, Asst. Juice,
Orange Slices
Choice of Milk

Lunch

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

We never stopped cooking for you.

Throughout the pandemic, we never stopped feeding. Our brave and selfless child nutrition folks never stopped working. Never stopped serving. And never stopped caring. Caring about our students. Caring about your kids. Caring about their community.

No matter the obstacles – and they were many – our fantastic people never stopped cooking for your family. And they never will. Please thank them if you get the chance. It means a lot.

School Meals
We serve education every day*

Monday, August 18

Breakfast

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

Lunch

Corndog
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, August 19

Breakfast

Breakfast Taco,
Salsa,
Fresh Fruits
Choice of Milk

Lunch

Beef Taco's
Shred Lettuce, Tomato
Cilantro Lime Br. Rice
Black Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, August 20

Breakfast

Banana Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

Chicken Wrap
Celery Sticks
Lite Ranch Dressing
Sweet Potato Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, August 21

Breakfast

WG Biscuit, Cheesy
Scrambled Eggs,
Fresh Fruit
Choice of Milk

Lunch

Mandarin Chicken
Seasoned Brown Rice
Steamed Broccoli
Carrots/Red Peppers
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

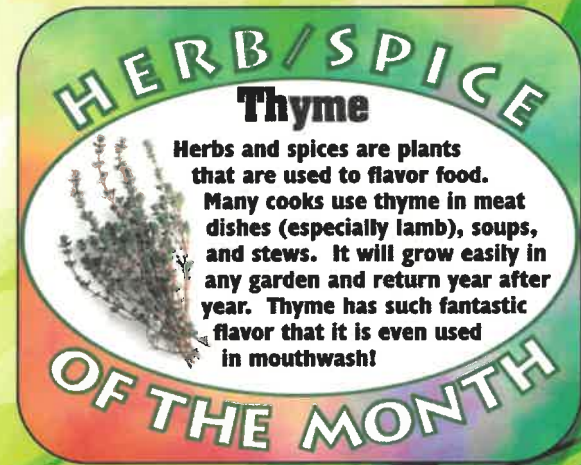
Friday, August 22

Breakfast

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

Lunch

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



Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

Monday, August 25

Breakfast

WG Waffle, Syrup
Sausage Patty,
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

Tuesday, August 26

Breakfast

Western Omelet
Quesadilla, Fresh Fruit,
Assorted Juice
Choice of Milk

Lunch

Bean Burrito
Mild Salsa
Spanish Rice
Mexicali Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, August 27

Breakfast

Oatmeal w/Br Sugar
Cheese Sticks,
Fresh Fruit
Choice of Milk

Lunch

Chicken Alfredo
Garlic Toast
Romaine Salad
Steamed Carrots
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, August 28

Breakfast

Baked French Toast,
Syrup, Sausage Patty,
Applesauce, Juice
Choice of Milk

Lunch

Grilled Cheese Sand.
Tomato Soup
Celery Sticks
Fresh Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, August 29

Breakfast

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

Lunch

Meat Loaf
WG Dinner Roll
Potato Ala Gratin
Green Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Available: MS/HS Daily

Monday: Corndogs
Tuesday: Bean Burrito
Wednesday: Hamburger
Thursday: Chicken Sand.
Friday: Deli Sandwich
Menus are subject to change