

Menus for May 2023

Ganado Unified School District #20

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



We face a dire challenge. And now, we need to ask your help.

During the entire time that the pandemic raged, we were there for our families. We provided free meals – for all students – in a safe manner, and our wonderful people risked their own health to make sure that our kids were fed during the worst of the crisis. Why? Well, because we knew that kids faced enough learning challenges during that trying time, and we've always known that hungry kids can't learn under the best of circumstances, much less the conditions that prevailed while the pandemic spread.

We remain hopeful that this experience may help make it possible for us to provide meals at no cost for all again at some point going forward. That would be ideal. But for now, we're back to our pre-pandemic rules: we can only serve free meals to folks who apply and are eligible. And if families aren't eligible or don't apply, we need to ask that meals be paid for, as was the case prior to the winter of 2020.

And that's our dire challenge. Many kids and families understandably became used to receiving free meals. But free meals are not allowed for everyone any more.

By law, our meal program has to break even – we can't carry debt and we can't use federal funds to cover debt. We sometimes extend credit to our customers because we don't like to see any kid go hungry. But now, we need to ask all of you to please settle any school meals debt you might have immediately. The very existence of our meals programs depends on it. Thank you.

School Meals
We serve education every day™

Monday, May 1

Breakfast

WG Biscuit, Egg Patty, Slice Cheese, Asst. Juice, Fresh Fruit Choice of Milk

Lunch

Chicken Sandwich Gr Leaf, Tomato Potato Wedges Fresh Fruit Choice of Milk HS, MS Alternate Choice

Tuesday, May 2

Breakfast

Pancake, Syrup, Cheese Sticks, Yogurt, Banana, Cup of Fruit, Choice of Milk

Lunch

Chili Mac Steamed Carrots WG Garlic Bread Stick Fresh Fruit Choice of Milk Alternate Choice @MS,HS)

Wednesday, May 3

Breakfast

WG Granola, Yogurt, Sliced Peaches, Choice of Milk

Lunch

Braised Beef Seasoned Brown Rice WG Dinner Roll Steamed Peas Fresh Fruit Choice of Milk (Alternate Choice @ MS,HS)

Thursday, May 4

Breakfast

WG Bagel, Cream Cheese, Ham Slice, Asst. Juice, Blueberries, Choice of Milk

Lunch

Chicken Nuggets Romaine Salad Ranch Dressing Celery Sticks Fresh Fruits Assorted Milk

Friday, May 5

Breakfast

Hot or Cold Cereal, WG Toast w/Jam, Fruits, Choice of Milk

Lunch

Beef Taco's Spanish Rice Mexicali Corn Salsa Fresh Fruit Choice of Milk HS,MS Alternate Choice

Monday, May 8

Breakfast

Breakfast Muffin, Asst. Yogurt, Orange Slices, Mix Berry Cup, Choice of Milk

Lunch

Pepperoni Pizza Romaine Salad Green Beans Ranch Dressing Fruit Mix Choice of Milk HS, MS Alternate Choice

Tuesday, May 9

Breakfast

Breakfast Burrito, Salsa, Banana, Applesauce Choice of Milk

Lunch

Green Chili Pozole WG Cornbread Steamed Mix Veggie Celery Sticks Strawberry Cup Choice of Milk HS, MS Alternate Choice

Wednesday, May 10

Breakfast

Brown Rice with Raisins, Scrambled Eggs, Fresh Apple, Juice, Choice of Milk

Lunch

Spaghetti w/ Meat Sauce Romaine Salad Steamed Carrots WG Bread Sticks Diced Peaches HS,MS Alternate Choice

Thursday, May 11

Breakfast

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

Lunch

Turkey Deli Wrap Green Leaf, Celery Sticks Pasta Salad Fresh Orange Choice of Milk HS, MS Alternate Choice

Friday, May 12

Breakfast

Breakfast Pizza, Cheese Stick, Apricots, Choice of Milk

Lunch

Chicken Fajitas Salsa Spanish Rice Chili Beans Fresh Apple Choice of Milk HS,MS Alternate Choice

Available Daily

Middle & High School

Monday: Chicken Sandwich

Tuesday: Chef Salad


Wednesday: Cheese Burger

Thursday: Corndogs

Friday: Cook's Choice

(Menu are Subject to Change)

1 AND ONLY!



Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

Hold the page upside down and read it in a mirror for the answer!

WJDS

Monday, May 15

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

Tuesday, May 16

Breakfast
Egg Patty, Ham Slice, WG Biscuits, Orange Smiles, Choice of Milk

Lunch
Grill Ham & Cheese Celery Sticks Potato Wedges Fresh Fruit Choice of Milk HS, MS Alternate Choice

Wednesday, May 17

Breakfast
Yellow Cornmeal, Muffin, Asst. Juice, Banana, Choice of Milk

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

Thursday, May 18

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

Lunch
WG Macaroni&Cheese WG Breadstick Steamed Peas Green Beans Fresh Fruit Choice of Milk HS,MS Alternate Choice

Friday, May 19

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

Lunch
Chicken Sandwich Gr Leaf, Tomato Potato Wedges Fresh Fruit Choice of Milk HS, MS Alternate Choice



What's on YOUR plate?

Monday, May 22

Cook's Choice



Tuesday, May 23

Cook's Choice



Wednesday, May 24

Cook's Choice



Thursday, May 25

Cook's Choice




Friday, May 26



8TH GRADE PROMOTION AND HIGH SCHOOL GRADUATION
Congratulations and best of luck to all members of the Class of 2023

Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

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

HAVE A GREAT SUMMER!

Thank you and See you during Summer @ SFSP Breakfast and Lunch!!

SUMMER FOOD SERVICE PROGRAM
JUNE 01-27, 2023 (18 YRS AND YOUNGER)

Serving Time & Location:
Breakfast 8:00-9:00 am
Lunch: 11:00am-12:30pm
Intermediate School Cafeteria,
Middle School Cafeteria,
High School Cafeteria,
LUNCH ONLY: Ganado Chapter