



Menus for November 2023

Ganado Unified
School District #20

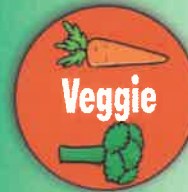
*This institution is an equal
opportunity
provider and employer.*

DON'T 4GET!

To make a lunch, choose at least one



or



and 3-5 items total



GUSD DISTRICT CHILD NUTRITION SERVICES

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GUSD FOOD SERVICE NUTRITION SERVICES

Wednesday, November 1

Breakfast

Banana Muffin,
Assorted Yogurt,
Banana,
Choice of Milk

Lunch

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

Thursday, November 2

Breakfast

WG Pancakes, Syrup,
Sausage Patty,
Cinn. Apple Slices
Choice of Milk

Lunch

Chicken Bowl
Mashed Potato
WG Slice Bread
Green Peas
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Friday, November 3

Breakfast

Sausage Gravy Over
WG Biscuits,
Fresh Fruit,
Choice of Milk

Lunch

Cheeseburger on
WG Bun
French Fries
Gr. Leaf/Tomato
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



Sunday, Nov. 5



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

Monday, November 6

Breakfast

Egg & Sausage
Sandwich, Fresh Fruit,
Choice of Milk

Lunch

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

Tuesday, November 7

Breakfast

Hot or Cold Cereal,
WG Toast,
Fresh Banana
Choice of Milk

Lunch

Grill Chicken Sandwich
Green Leaf, Tomato
Coleslaw
Mayonnaise PC
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Wednesday, November 8

Breakfast

PBJ Sandwich,
Assorted Juice,
Fruit Cup
Choice of Milk

Lunch

Bean Burrito
Mexicali Corn
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, November 9

Breakfast

WG Bagel, Cream
Cheese, Sausage
Patty, Fruit Cup
Choice of Milk

Lunch

Sloppy Joe
French Fries
Ketchup PC
Baby Carrot
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Friday, November 10

District Close

Thank You



★ VETERANS' DAY ★
NOVEMBER 11

PLEASE JOIN US FOR OUR



November 16, 2023



Monday, November 13

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

Lunch
 Chicken Nuggets
 Dinner Roll
 Mixed Vegetables
 Carrot Sticks
 Fresh Fruits
 Assorted Milk
 HS,MS Alternate Choice

Tuesday, November 14

Breakfast
 Corn Meal,
 Sausage Patty,
 Fresh Fruit
 Choice of Milk

Lunch
 Native Taco w/
 WG Fry Bread
 Shred Lettuce, Tomato
 Mild Salsa
 Fruit Mix
 Choice of Milk
 HS,MS Alternate Choice

Wednesday, November 15

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

Lunch
 WG Corndog
 French Fries
 Baked Beans
 Celery Sticks
 Fresh Apple
 Choice of Milk
 HS,MS Alternate Choice

Thursday, November 16

Breakfast
 WG English Muffin,
 Hash Brown, Sausage
 Patty, Banana,
 Choice of Milk

Lunch
 Hot Turkey Roast
 Mashed Potato/Gravy
 Green Beans
 Wg Lunch Roll
 Cranberries
 Fresh Fruit
 Pumpkin Pie

Friday, November 17

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

Lunch
 Beef Taco's
 Shred Lettuce, Tomato
 Spanish Rice
 Black Beans
 Fresh Apple
 Choice of Milk
 HS,MS Alternate Choice

BALANCING ACT.
 Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin. But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

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



HAPPY THANKSGIVING!
SEE YOU MONDAY!

AVAILABLE DAILY

Middle & High School Daily Choice:
 Monday: Corndog
 Tuesday: Turkey Tacos
 Wednesday: Pepperoni Pizza
 Thursday: Deli Sandwich
 Friday: Cooks Choice

Menu are subject to change

Monday, November 27

Breakfast
 French Toast Sticks,
 Syrup, Sausage Patty,
 Fresh Fruit
 Choice of Milk

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

Tuesday, November 28

Breakfast
 Yellow Cornmeal,
 Graham Cracker,
 Cinn Apple Slices,
 Choice of Milk

Lunch
 Chicken Taco's
 Shred Lettuce, Tomato
 Spanish Rice
 Refried Beans
 Fresh Apple
 Choice of Milk
 HS,MS Alternate Choice

Wednesday, November 29

Breakfast
 WG Toast, Jelly,
 Scramble Eggs,
 Diced Peaches,
 Choice of Milk

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

Thursday, November 30

Breakfast
 Banana Muffin, Asst
 Yogurt, Apple Sauce,
 Orange Slices,
 Choice of Milk

Lunch
 Pork Pozole
 WG Flour Tortilla
 Romaine Salad
 Ranch Dressing
 Fresh Fruit
 Choice of Milk
 HS, MS Alternate Choice

Only 20 more school days 'til Winter Break!