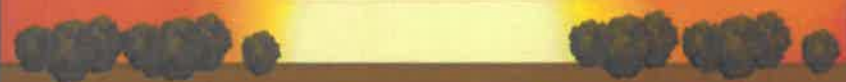


Menus for October 2025



Ganado Unified School District #20

USDA is an equal opportunity provider and employer. Menus are subject to change.

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**

Wednesday, October 1

Breakfast

Turkey Ham, Egg,
Chees Sandwich
Apple Juice, Fruit
Choice of Milk

Lunch

Pork Carnitas
Blue Corn Bread
French Fries
Cole Slaw
Fresh Fruits
Choice of Milk
MS,HS Alternate Choice

Thursday, October 2

Breakfast

Banana Muffin,
Assorted Yogurt,
Fresh Fruits
Choice of Milk

Lunch

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

Friday, October 3

Breakfast

French Toast Sticks
Syrup, Tater Tots,
Sausage Patty
Assorted Fruits
Choice of Milk

Lunch

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



Monday, October 6



Break begins at the end
of classes:

Friday, October 3rd

Classes Resume:

Tuesday, October 07

Tuesday, October 7

Breakfast

Blueberry Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

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

Wednesday, October 8

Breakfast

WG English Muffin
Breakfast Bowl
Fresh Fruit
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, October 9

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, October 10

Breakfast

Breakfast Burrito
Mild Salsa
Fresh Fruits
Choice of Milk

Lunch

Pepperoni Pizza
Celery Sticks
Ranch Dressing
Cole Slaw
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Available Daily@ MS, HS

Monday: Corndogs

Tuesday: Bean Burrito

Wednesday: Deli Sandwich

Thursday: Pepperoni Pizza

Friday: Cooks' Choice

Menus are subject to change



Monday, October 13

Breakfast

Egg & Sausage
Sandwich, Fruit, Juice
Choice of Milk

Lunch

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

Tuesday, October 14

Breakfast

WG Breakfast Pizza,
Fresh Fruits,
Choice of Milk

Lunch

Beef Tacos
Cilantro Lime Br Rice
Shred Lettuce/Tomato
Black Bean Salas
Fruit ,Choice of Milk
MS, HS Alternate Choice

Wednesday, October 15

Breakfast

PB& Jelly Sandwich
Cold Cereal, Fruits
Choice of Milk

Lunch

Chicken Wings
Celery Sticks
Sweet Potato Fries
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Thursday, October 16

Breakfast

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

Lunch

Frito Chili Pie
Shred Lettuce/Tomato
Cut Corn
Fruits, Choice of Milk
HS,MS Alternate Choice

Friday, October 17

Breakfast

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

Lunch

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

KIDS! Please join us to celebrate National School Lunch Week, October 13-17!



Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!



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



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GUSD NUTRITION SERVICES

Monday, October 20

Breakfast

Blue Cornmeal Muffin
Sausage Patty
Fresh 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

Tuesday, October 21

Breakfast

Breakfast Burrito,
Salsa, Asst. Juice,
Sliced Apples,
Choice of Milk

Lunch

Meat Lasagna
Garlic Toast
Hot Mix Veggies
Romaine Salad
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, ELEPHANTS ARE INCAPABLE OF JUMPING! KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



Wednesday, October 22

Breakfast

Cold Or Hot Cereal,
WG Toast, Grapes,
Asst. Juice,
Choice of Milk

Lunch

Grilled Ham/ Cheese Sandwich
French Fries
Carrot Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, October 23

Breakfast

Waffle, Syrup
Scrambled Eggs,
Fresh Fruits
Choice of Milk

Lunch

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

Friday, October 24

**In- Service
Prop 301
For All Staff**

(No School)

Monday, October 27

Breakfast

Western Omelet
Quesadilla, Salsa
Fresh Banana,
Choice of Milk

Lunch

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

Tuesday, October 28

Breakfast

Blue Corn Mush
Hard Boiled Egg
Fruits
Choice of Milk

Lunch

Buffalo Chicken Wrap
Ranch Dressing
Celery Sticks
Potato Wedges
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, October 29

Breakfast

Turkey Ham, Egg,
Cheese Sandwich
Apple Juice, Fruit
Choice of Milk

Lunch

Pork Carnitas
Blue Corn Bread
French Fries
Cole Slaw
Fresh Fruits
Choice of Milk
MS, HS Alternate Choice

Thursday, October 30

Breakfast

Banana Muffin,
Asst. Yogurt,
Fresh Oranges
Choice of Milk

Lunch

Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, October 31

Breakfast

French Toast Sticks
Syrup, Tater Tots,
Sausage Patty
Fruits, Choice of Milk

Lunch

Chicken Nuggets
BBQ Sauce
Steamed Carrots
Wacky Chocolate Cake
Fruit Mix
Choice of Milk
MS, HS Alternate Choice

