

Menus for September 2022

Ganado Unified School District # 20

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

HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Monday, September 12

Breakfast

Breakfast Taco, Salsa, Asst. Juice, Grapes, Choice of Milk

Lunch

Native Taco w/ Fry Bread
Shred Lettuce, Tomato Salsa
Mixed Berries
Fresh Fruit
Choice of Milk
(Alternate Choice @MS,HS)

Tuesday, September 13

Breakfast

Pancake, Syrup, Sausage Patty, Applesauce, Choice of Milk

Lunch

Chicken Nachos
Romaine Salad
Celery Sticks
Fruit Mix
Fresh Fruit
Choice of Milk
(Alternate Choice @MS,HS)

Wed., September 14

Breakfast

Asst. Cold Cereal, Banana Muffin, Asst. Juice, Slice Apples, Choice of Milk

Lunch

Grill Ham & Cheese
French Fries
Carrot & Celery Sticks
Cinnamon Apple Slices
Fresh Fruit
Choice of Milk
(Alternate Choice @MS,HS)

Thursday, September 15

Breakfast

Scrambled Eggs w/ Sausage, WG Toast, Asst. Juice, Apple, Choice of Milk

Lunch

Beef Stew
WG Cornbread
Fresh Broccoli
Fresh Orange
Choice of Milk
(Alternate Choice @MS,HS)

Friday, September 16

Breakfast

Breakfast Muffin, Asst. Yogurt, Orange Slices, Grapes, Choice of Milk

Lunch

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

Tuesday, September 6

Breakfast

Hot or Cold Cereal, WG Toast w/Jam, Diced Pears, Fresh Apples, Choice of Milk

Lunch

Hot Dog
Baked Beans
Baby Carrots
Fruit Mix
Fresh Fruit
Choice of Milk
(Alternate Choice @MS,HS)

Wed., September 7

Breakfast

Breakfast Burrito, Salsa
Fresh Peaches, Orange Slices, Choice of Milk

Lunch

Frito Chile Pie
Shred Lettuce/Tomato
Shred Cheese
Fresh Fruit
Diced Peaches
Choice of Milk
(Alternate Choice @MS,HS)

Thursday, September 8

Breakfast

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

Lunch

Ham Deli Sandwich
Green Leaf, Tomato
Carrot Salad
Celery Sticks
Fresh Pears
Choice of Milk
(Alternate Choice @MS,HS)

Friday, September 9

Breakfast

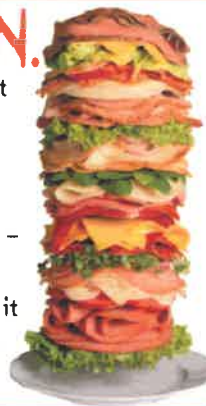
WG Biscuit, Gravy, Asst. Juice, Banana, Choice of Milk

Lunch

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

MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget - the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Thursday, September 1

Breakfast

WG Granola, Yogurt, Sliced Peaches, Choice of Milk

Lunch

BBQ Pork Sandwich
French Fries
Cole Slaw
Fresh Orange
Fruit Mix
Choice of Milk
(Alternate Choice @MS,HS)

Friday, September 2

Breakfast

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

Lunch

Chili Mac
Steamed Carrots
Ranch Style Beans
Garlic Toast
Fresh Fruit
Choice of Milk
(Alternate Choice @MS,HS)

September 11, 2001



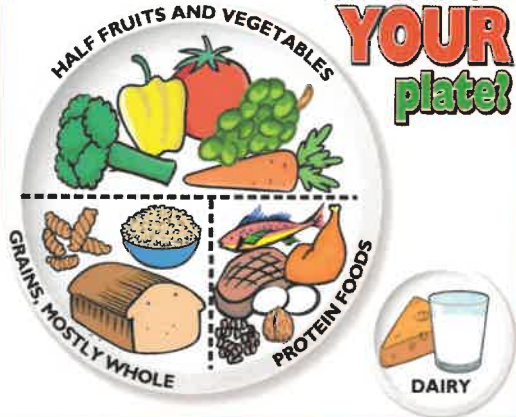
In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

I am the letter



watermelon

What's on YOUR plate?



AVAILABLE DAILY

Middle & High Alternate Choice:

- Monday: Bean Burrito
- Tuesday: Cheese Burger
- Wednesday: Corndogs
- Thursday: Deli Sandwich
- Friday: Chicken Sandwich

(Menu is subject to Change)

NOSE FOR FOOD

In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture.

They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey Vultures are rare birds, in that they use a highly

developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!



ANIMAL APPETITES

Monday, September 19

Breakfast

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

Lunch

Gr. Chili Chicken Soup
WG Tortilla Chips
Spanish Rice
Green Beans
Fresh Peaches
Choice of Milk
(Alternate Choice @ MS, HS)

Tuesday, September 20

Breakfast

Hot or Cold Cereal, WG Toast, Jelly, Apple Slices, Asst. Juice
Choice of Milk

Lunch

Ham Deli Sandwich
Green Leaf, Tomato
Coleslaw
Carrot Sticks
Fresh Pears
Choice of Milk
(Alternate Choice @ MS, HS)

Wed., September 21

Breakfast

Breakfast Burrito, Salsa, Assorted Juice, Fresh Banana,
Choice of Milk

Lunch

Bean Burrito
Mexicali Corn
Romaine Salad
Fresh Fruit
Salsa
Choice of Milk
(Alternate Choice @ MS, HS)

Thursday, September 22

Breakfast

Breakfast Pizza, Cheese Stick, Apple Slices, PB,
Choice of Milk

Lunch

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

Friday, September 23

Breakfast

Cinnamon French Toast, Syrup, Fresh Oranges, Grapes,
Choice of Milk

Lunch

Sloppy Joe
French Fries
Baby Carrot
Baked Beans
Fruit Mix
Assorted Milk
(Alternate Choice @ MS, HS)

Monday, September 26

Breakfast

PB & Jelly Sand. OR Hot Cereal, Asst. Juice, Fresh Banana,
Choice of Milk

Lunch

Pepperoni Pizza
Romaine Salad
Celery Sticks
Ranch Dressing
Strawberries/Peaches
Choice of Milk
(Alternate Choice @ MS, HS)

Tuesday, September 27

Breakfast

Western omelet
Quesadilla, Salsa, Fresh Pears, Apple,
Choice of Milk

Lunch

Grill Ham & Cheese
French Fries
Carrot & Celery Sticks
Cinnamon Apple Slices
Fresh Fruit
Choice of Milk
(Alternate Choice @ MS, HS)

Wed., September 28

Breakfast

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

Lunch

Chicken Enchiladas
Shred Lettuce, Tomato
Spanish Rice
Mexicali Corn
Fresh Apple
Choice of Milk
(Alternate Choice @ MS, HS)

Thursday, September 29

Breakfast

WG Bagel, Cream Cheese, Sausage Patty
Asst. Juice, Orange,
Choice of Milk

Lunch

Beef Stew
WG Cornbread
Fresh Broccoli
Fresh Orange
Choice of Milk
(Alternate Choice @ MS, HS)

Friday, September 30

Breakfast

Asst. Cold Cereal, Banana Muffin, Asst. Juice, Slice Apples,
Choice of Milk

Lunch

Baked Chicken
WG Bread Slice
Mashed Potato
Poultry Gravy
Mixed Vegetables
Fresh Fruit
(Alternate Choice @ MS, HS)

OUR 50 STATES



UTAH

"The Beehive State"

Admitted to the Union January 4, 1896 as the 45th State
State Capital: Salt Lake City