


Menus for September 2025

GANADO UNIFIED
SCHOOL DISTRICT
#20


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



O U R N A T I O N ' S H I S T O R Y



John Chapman, better known as Johnny Appleseed, was born September 26, 1774. For 40 years, Johnny followed the sun along the primitive country by-ways of Pennsylvania, Ohio, Indiana, and Illinois, introducing and teaching the cultivation of apple trees to large areas of that still-wild country.



W I T H L I B E R T Y & J U S T I C E F O R A L L

Monday, September 1



★ HAPPY
LABOR ★
DAY!

NO SCHOOL
MONDAY,
SEPTEMBER 1

Tuesday, September 2

Breakfast

Blue Corn Mush
Hard Boiled Egg
Fruits
Choice of Milk

Lunch

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

Wed., September 3

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, September 4

Breakfast

Zucchini Muffin
Assorted Yogurt
Fruits
Choice of Milk

Lunch

Beef Pot Roast
WG Lunch Roll
Steamed Carrots
Green Beans
Fresh Fruits
Choice of Milk
MS,HS Alternate Choice

Friday, September 5

Breakfast

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

Lunch

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

**EAT
YOUR
WATER.**



Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

Tuesday, September 8

Breakfast

Cream of Wheat
WG Toast w/Jelly
Fresh Fruits
Choice of Milk

Lunch

Baked Chicken
Wg Biscuit
Steamed Carrots
Potato Wedges
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Tuesday, September 9

Breakfast

Banana Muffin,
Assorted Yogurt,
Juice, Fresh Fruit
Choice of Milk

Lunch

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

Wed., September 10

Breakfast

WG English Muffin
Breakfast Bowl
Fresh Fruit
Choice of Milk

Lunch

Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Thursday, September 11

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, September 12

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

YOU'RE GOOD

ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR

GUSD Food Service

Monday, September 15

Breakfast

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

Lunch

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

Tuesday, September 16

Breakfast

WG Breakfast Pizza,
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

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

Wed., September 17

Breakfast

Banana Muffin,
Assorted Yogurt
Fresh Fruit
Choice of Milk

Lunch

Sloppy Joe on Wg
Homemade Bun
Celery Sticks
French Fries
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, September 18

Breakfast

WG Toast, Jelly,
Scramble Eggs,
Fresh Fruit
Choice of Milk

Lunch

Red Chili Pozole
WG Cornbread
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, September 19

Breakfast

Corn Mush,
PBJ Sandwich
Fresh Fruit,
Choice of Milk

Lunch

Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
MS, HS Alternate Choice

Monday, September 22

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, September 23

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

Wed., September 24

Breakfast

Apple Cinnamon
Crumb Muffin
Yogurt, Fruits,
Choice of Milk

Lunch

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

Thursday, September 25

Breakfast

Waffle, Syrup
Scrambled Eggs,
Fresh Fruits
Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Ranch Beans
Fresh Apple
Choice of Milk
MS, HS Alternate Choice

Friday, September 26

Breakfast

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

Lunch

Turkey Sub Sandwich
Gr Leaf/ Tomato
Chicken Soup
Carrot Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, September 29

Breakfast

Fruity Breakfast Pizza
Sausage Patty
Apple Juice, Fruit
Choice of Milk

Lunch

Philly Chicken Sub
Romaine Salad
Ranch Dressing
Mixed Hot Veggie
Fresh Fruits
Choice of Milk
MS, HS Alternate Choice

Tuesday, September 30

Breakfast

Blue Corn Mush
Hard Boiled Egg
Fresh Fruits
Choice of Milk

Lunch

Beef Pot Roast
Wg Dinner Roll
Lemon Glazed Carrot
Green Beans
Fresh Fruits
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

**Where do all of our
crazy names for
food come
from?**



**WORDS
OF
FOOD**

This month: "Picnic"

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.



Red blocks Red.



Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

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