

HEADSTART & PRE-K

# September 2019

ELEMENTARY



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Holiday</b>	3 Cheese Nacho's Cinn Glazed Carrots Pinto's w/Cheese Applesauce	4 Chicken Fried Steak Creamy Whipped Potatoes Green Beans Sour Cherry Sidekick Hot Roll	5 Peperoni Pizza Fresh Vegetables Corn on the Cob Diced Peaches	6 BBQ Sandwich Curley Fries Chili Beans Cool Fruit Cup
9 Chicken & Dumplings Mixed Vegetables Garden Vegetables Diced Peaches Garlic Toast	10 Chili Cheese Burrito Cinn Glazed Carrots Pinto Beans Applesauce	11 Chicken Nugget Creamy Whipped Potatoes Green Beans Kiwi Strawberry Side Kick Hot Roll	12 Breakfast for Lunch Pancakes & Strawberry Yogurt Hash Brown Rounds Strawberry Cups	13 Cheese Burger Potato Wedges Chili Beans Pineapple Tidbits
16 Pepperoni Pizza Corn Steamed Broccoli Apple Slices	17 Cheese Nacho's Steamed Carrots Pinto's w/Cheese Diced Peaches	18 BBQ Chicken Creamy Whipped Potatoes Green Beans Blue Raspberry Sidekick Hot Roll	19 Chicken Sandwich Tater Tots Chili Beans Diced Pears	20 Chicken Nugget Basket w/Texas Toast Curley Fries Mixed Vegetables Mandarin Orange Parfait
23 Mini Corn Dogs Curley Fries Chili Beans Mandarin Oranges	24 Taco's Cinn Glazed Carrots Pinto Beans Applesauce Cornbread	25 Chicken Smackers Creamy Whipped Potatoes Green Beans Citrus Cup Hot Roll	26 Chicken Tenders Roasted Potatoes Peas & Carrots Diced Peaches Garlic Toast	27 Stuffed Crust Pizza Corn Baby Carrots Pineapple Parfait
30 Macaroni & Cheese Smiley Potatoes Baby Carrots Orange Slices				

## SPECIAL NOTES

- All students are offered a **FREE complete meal at Gilmer Elementary**. It includes the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the (5) to be considered a full meal but are encouraged to take all (5). One (1) of the items chosen **MUST** be a fruit or vegetable.
- **Milk is served daily.**
- **Daily Adult Lunch Cost**  
GISD Staff - \$ 3.85  
Guests - \$ 4.00
- **Menus are subject to change due to availability.**

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