OCTOBER 2026 GHS BREAKFAST MENU Yogurt or Peanut butter available. Milk served daily.

Menu Subject Change

All meals Are Free. Please let us know of any allergies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/ WG Waffle Strawberries/Whip Cream Sausage Patty Or WG Cereal	2/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
5/ WG bagels Fruit Or WG Cereal	6/ Breakfast sandwich Egg/sausage WG English Muffin or Bagel Fruit Or WG Cereal	7/ WG Honey bun Fruit Or WG Cereal	8/ WG Breakfast Burrito Sausage Links Salsa Fruit Or WG Cereal	9/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
12/ **NO SCHOOL** **TW**	13/ Breakfast sandwich Egg/Bacon WG English Muffin Fruit Or WG Cereal	14/ Pumpkin Muffin Fruit Or WG Cereal	15/ WG Pancakes Sausage Links Fruit Or WG Cereal	16/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
19/ Fruit Parfait WG Breakfast Bar Fruit Or WG Cereal	20/ Breakfast sandwich Egg/Cheese WG English muffin Fruit Or WG Cereal	21/ WG Choc. Chip Banana Muffin Fruit Or WG Cereal	22/ Scrambled Egg Bake Sausage Links WG English Muffin Fruit Or WG Cereal	23/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
26/ WG bagels Fruit Or WG Cereal	27/ Breakfast sandwich Egg/sausage WG English Muffin or Bagel Fruit Or WG Cereal	28/ Fruit Breakfast Pizza Fruit Or WG Cereal	29/ Cheesy Egg/Sausage/Potato Casserole WG English Muffin Fruit Or WG Cereal	30/ Smoothie WG Granola bar Asst. Fruit Yogurt Or WG Cereal

OCTOBER 2026 GHS LUNCH MENU Milk, Fruit, and Salad Bar served daily.

Menu Subject To Change. All Meals Are Free. Please inform us of any allergies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/ Fish Sticks 4 sticks Potato Puffs ½ c. Peas ½ c. WG Dinner Roll Sliced Pears 1 c.	2/ Tuna Salad WG Hoagie Roll (2 oz.) Lettuce/Tomato ¼ c. ea. Cucumber Wedges w/ Dip ½ c. Chips Fruit
5/ Baked Fried Chicken WG Roll Baked Potato ½ c. Sliced Carrots ½ c. Applesauce 1 c.	6/ Meatball Grinders WG Hoagie Roll Green Beans ½ c. Mandarin Oranges 1 c.	7/ Stuffed Crust Pizza Caesar Salad 1 c. Brownie Banana	8/ Cheeseburgers WG Hamburg Roll Wax Beans ½ c. Potato puffs ½ c. ea. Sliced Peaches ½ c.	9/ Chicken Caesar wrap Baby Carrots w/ Dip 3/4 c. WG Wrap WG Chips Watermelon Chunks 1 c.
12/ **NO SCHOOL** **TW**	13/ Sweet Thai Chicken Rice Pilaf ¾ c. WG Dinner Roll 1.25 oz. Sliced peaches½ c. Peas 2/3 c.	14/ French Bread Pizza Veggie Medley 1 c. Pumpkin Choc. Chip Cookie Sliced Pears	15/ Meatloaf Mashed Potato ½ c. Gravy Green beans ½ c. WG dinner roll Applesauce 1 c.	16/ Turkey/cheese WG Hamburg roll Lettuce/tomato ¼ c. ea. Cucumber Wedges W/ Dip ½ c. WG sun chips Fresh Fruit
19/ Chicken Nuggets Rice Pilaf Mixed Veggie ¾ c. WG Dinner Roll Mandarin Oranges	20/ Mac-n-Cheese WG Dinner Roll Carrot Slices 1 c. Sliced Peaches 1 c.	21/ WG Pepperoni Pizza Round French Fries Garden Salad Chocolate Chip Cookie Fruit	22/ Beef Flautas Spanish Rice½ c. Corn ½ c. Applesauce ½ c.	23/ Ham/ Cheese WG Hamburg roll Lettuce/Tomato ¼ c.ea. Carrot Sticks w/ Dip ½ c. WG Chips Apple
26/ Shredded BBQ chicken WG Hamburg Roll Green beans Pineapple Tidbits 1 c.	27/ Chop Suey Green Beans Garlic Toast Applesauce	28/ Bosco Sticks W/Marinara Sauce Broccoli Sugar Cookie Orange	29/ Taco's Spanish Rice Lettuce/Tomato Sour Cream/Salsa Shredded Cheese Pineapple chunks	30/ BLT Wrap Lettuce/tomato ¼ c. ea. Cucumber Wedge W/ Dip ½ c Chips Grapes

USDA NONDISCRIMINATION STATEMENT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

ESTA INSTITUCION OFRECE IGUALDED DE OPORTUNIDADES.