

GARVEY SCHOOL DISTRICT

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

**K – 8TH GRADE MENUS
JANUARY 2025**

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

2025

The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

YEAR OF THE SNAKE

Available Daily

Offered @ Breakfast

Variety of Seasonal Fruits & WG Cereal w/ Low-Fat Yogurt or WG Cereal w/ String Cheese

Offered @ Lunch

Variety of Seasonal Fruits & Variety of Fresh Vegetables at the Salad Bar

Turkey (& Cheese) Sandwiches or Chef's Salad or Yogurt & Fruit Parfait

Monday, January 6

Breakfast
WG Waffles
Milk and Fruit

Lunch
WG Cheeseburger Sliders
Yellow Corn
Milk and Fruit

Snack
WG Cheez Its
Low-Fat Milk

Tuesday, January 7

Breakfast
WG Pancakes
Milk and Fruit

Lunch
WG Corn Dog or Hot Dog
Baby Carrots
Milk and Fruit

Snack
WG Heartzels Pretzels
Low-Fat Milk

Wednesday, January 8

Breakfast
Egg Patty & WG Toast
Milk and Fruit

Lunch
Galaxy Pizza Rounds
Green Salad
Milk and Fruit

Snack
WG Rainbow Goldfish
Low-Fat Milk

Thursday, January 9

Breakfast
WG Pan Dulce Concha
Milk and Fruit

Lunch
Chicken Penne Pasta w/
Marinara Sauce
Mixed Vegetables
Milk and Fruit

Snack
WG Vanilla Dino Bites
Low-Fat Milk

Friday, January 10

National Apricot Day
Breakfast
WG Pizza Bagel
Milk and Fruit

Lunch
Popcorn Chicken or Fish Sticks
& WG Pretzel Goldfish
Oven Fries
Milk and Fruit

Snack
Multigrain Sunchips
Low-Fat Milk

Monday, January 13

Breakfast
WG Blueberry Muffin
Milk and Fruit

Lunch
WG Cheesy Pull Aparts
Green Beans
Milk and Fruit

Snack
WG Scooby Doo Grahams
Low-Fat Milk

Tuesday, January 14

Breakfast
WG Mini Apple Breakfast Bites
Milk and Fruit

Lunch
WG Turkey Ham & Cheese
Croissant Sandwich or
New Item: Chicken Veggie Wrap
Yellow Corn
Milk and Fruit

Snack
Apple Slices & Sunbutter Cups
Low-Fat Milk

Wednesday, January 15

Breakfast
WG French Toast Sticks
Milk and Fruit

Lunch
Domino's or Papa John's Pizza
Cheese Pizza Sliders (HS)
Broccoli
Milk and Fruit

Snack
WG Cheddar Goldfish
Apple Juice

Thursday, January 16

Breakfast
WG Breakfast Burrito
Milk and Fruit

Lunch
Oven Roasted Chicken
& Corn Tortillas
Vegetarian Beans
Milk and Fruit

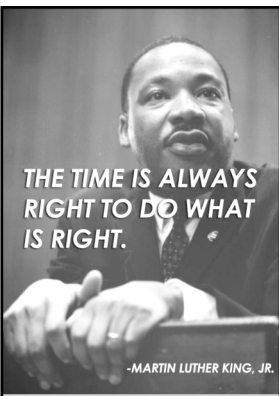
Snack
WG Strawberry Graham
Low-Fat Milk

Friday, January 17

Breakfast
WG Pancakes
Milk and Fruit

Lunch
WG Chicken Taquitos or
Manager's Choice
Mixed Vegetables
Milk and Fruit

Snack
Cheetos Puffs
Low-Fat Milk



Monday, January 20
MLK Day
No School Today

Tuesday, January 21

Breakfast
Ultimate Breakfast Round
Milk and Fruit

Lunch
Hamburgers
Yellow Corn
Milk and Fruit

Snack
WG Cool Ranch Chips
Low-Fat Milk

Wednesday, January 22

Breakfast
Egg Patty & WG Toast
Milk and Fruit

Lunch
Cheese or Pepperoni Calzone
Green Salad
Milk and Fruit

Snack
Roasted Sunflower Seeds
Low-Fat Milk

Thursday, January 23

Breakfast
WG Pancakes
Milk and Fruit

Lunch
BBQ Pulled Pork Hoagie
Broccoli
Milk and Fruit

Snack
WG Cheez-Its
Low-Fat Milk

Friday, January 24

Breakfast
WG Breakfast Honey Buns
Milk and Fruit

Lunch
WG Grilled Cheese or
Tuna Salad Sandwich or
Tuna Salad w/ Savory Crackers
Mixed Vegetables
Milk and Fruit

Snack
WG Belly Bear Grahams
Low-Fat Milk

Monday, January 27

Breakfast
WG Waffle
Milk and Fruit

Lunch
WG Regular or Spicy
Chicken Sandwich
Baby Carrots
Milk and Fruit

Snack
WG Vanilla Sports Bites
Low-Fat Milk

Tuesday, January 28

National Blueberry Pancake Day

Breakfast
WG Pancakes
Milk and Fruit

Lunch
WG Beef Taco Stick
Mixed Vegetables
Milk and Fruit

Snack
WG Rice Krispies Treats
Low-Fat Milk

Wednesday, January 29

Breakfast
New Item: Baked Cinnamon Rolls
Milk and Fruit

Lunch
Domino's or Papa John's Pizza
Deep Dish Cheese Pizza (HS)
Yellow Corn
Milk and Fruit

Snack
WG Strawberry Grahams
Low-Fat Milk

Thursday, January 30

Breakfast
WG French Toast Sticks
Milk and Fruit

Lunch
Teriyaki Chicken & Brown Rice
Broccoli
Milk and Fruit

Snack
WG Belly Bear Grahams
Apple Juice

Friday, January 31

No School Today

Monday, February 3

Breakfast
WG Blueberry Muffin
Milk and Fruit

Lunch
WG Cheese Breadsticks w/
Marinara Sauce
Green Beans
Milk and Fruit

Snack
WG Scooby Doo Grahams
Low-Fat Milk

DON'T 4-GET!
To make a lunch,
choose at least one

Fruit/Juice or **Veggie**

and 3-5 items total

GARVEY SCHOOL DISTRICT - FOOD SERVICES DEPARTMENT

***** REMINDER TO ALL PARENTS & STUDENTS *****

A COMPLETE Breakfast or Lunch Meal must be selected by the student to be considered FREE \$0.00!

Take at least **3** One must be a fruit

Take **3-5** One must be a fruit or veggie

BREAKFAST
A COMPLETE BREAKFAST INCLUDES:

LUNCH
A COMPLETE LUNCH INCLUDES:

Student A La Carte Menu Item Prices for SY 24-25

Main Entrée (Breakfast) = \$2.00
Main Entrée (Lunch) = \$3.50
Fruit/Vegetable/Juice = \$.75
Milk = \$.50

Word of the Month

judgment

n. 1. the ability to assess situations and draw sound conclusions
2. good sense 3. an opinion formed after careful consideration



GSD Food Services Department
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