

GARVEY SCHOOL DISTRICT

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

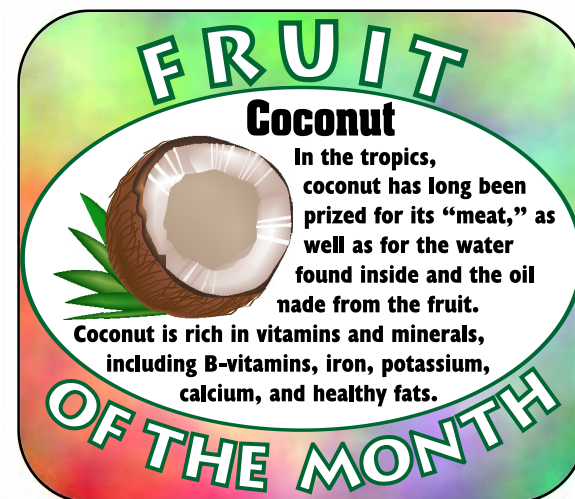
K - 8TH GRADE MENUS JANUARY 2026

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!**



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 5

Breakfast

Waffles
Milk and Fruit

Lunch

Cheeseburger Sliders
Yellow Corn
Milk and Fruit

Snack

Cheez Its
Apple Juice

Tuesday, January 6

Breakfast

Pancakes
Milk and Fruit

Lunch

Chicken Egg Roll
Diced Carrots
Milk and Fruit

Snack

Heartzels Pretzels
Low-Fat Milk

Wednesday, January 7

Breakfast

Egg Patty & Toast
Milk and Fruit

Lunch

Deep Dish Pizza Rounds
Mixed Green Salad
Milk and Fruit

Snack

Rainbow Goldfish
Low-Fat Milk

Thursday, January 8

Breakfast

Pan Dulce Concha
Milk and Fruit

Lunch

Oven Roasted Chicken
& Corn Tortillas
Pinto Beans
Milk and Fruit

Snack

Vanilla Dino Bites
Low-Fat Milk

Friday, January 9

National Apricot Day

Breakfast

French Toast Sticks
Milk and Fruit

Lunch

Popcorn Chicken
& Pretzel Goldfish
Oven Fries
Milk and Fruit

Snack

Multigrain Sunchips
Low-Fat Milk

Monday, January 12

Breakfast

Blueberry Muffin
Milk and Fruit

Lunch

Cheesy Pull Aparts
Yellow Corn
Milk and Fruit

Snack

Scooby Doo Grahams
Low-Fat Milk

Tuesday, January 13

Breakfast

*New Item: Early Risers Egg &
Cheese Stuffed Hashbrown*
Milk and Fruit

Lunch

Turkey Ham & Cheese
Croissant Sandwich
Diced Carrots
Milk and Fruit

Snack

Sliced Apples & Sunbutter Cup
Low-Fat Milk

Wednesday, January 14

National Bagel Day

Breakfast

Bagel with Cream Cheese
Milk and Fruit

Lunch

Domino's or Papa John's Pizza
Mixed Green Salad
Milk and Fruit

Snack

Cheddar Goldfish
Apple Juice

Thursday, January 15

Breakfast

Breakfast Burrito
Milk and Fruit

Lunch

Corn Dog or Hot Dog
Vegetarian Beans
Milk and Fruit

Snack

Strawberry Graham
Low-Fat Milk

Friday, January 16

Breakfast

Overnight Oats
Milk and Fruit

Lunch

Chicken Taquitos w/ Guacamole
or Manager's Choice
Mixed Vegetables
Milk and Fruit

Snack

Cheetos Puffs
Low-Fat Milk



THE TIME IS ALWAYS
RIGHT TO DO WHAT
IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 19
MLK Day
No School Today

Tuesday, January 20

Breakfast

Breakfast Honey Bun
Milk and Fruit

Lunch

Chicken Tamale
Yellow Corn
Milk and Fruit

Snack

Jungle Crackers
Apple Juice

Wednesday, January 21

Breakfast

Egg Patty & Toast
Milk and Fruit

Lunch

Cheese or Pepperoni Calzone
Mixed Green Salad
Milk and Fruit

Snack

Roasted Sunflower Seeds
Low-Fat Milk

Thursday, January 22

Breakfast

Mini Pancake Bites
Milk and Fruit

Lunch

Crispy Chicken Tenders &
Texas Toast Garlic Bread
Potato Wedges
Milk and Fruit

Snack

Cheez-Its
Low-Fat Milk

Friday, January 23

Breakfast

Turkey Sausage Breakfast Pizza
Milk and Fruit

Lunch

Grilled Cheese Sandwich or
Manager's Choice
Green Beans
Milk and Fruit

Snack

Scooby Doo Fruit Snacks
Low-Fat Milk

Monday, January 26

Breakfast

Belgian Waffle
Milk and Fruit

Lunch

Regular or Spicy
Chicken Sandwich
Diced Carrots
Milk and Fruit

Snack

Vanilla Sports Bites
Low-Fat Milk

Tuesday, January 27

Breakfast

Apple Frudel
Milk and Fruit

Lunch

Beef & Cheese Taco Stick
Yellow Corn
Milk and Fruit

Snack

Sliced Apples & Sunbutter Cup
Low-Fat Milk

Wednesday, January 28

***National Blueberry
Pancake Day***

Breakfast

Mini Blueberry Pancakes
Milk and Fruit

Lunch

Domino's or Papa John's Pizza
Mixed Green Salad w/
New Item: Caesar Dressing
Milk and Fruit

Snack

Strawberry Grahams
Low-Fat Milk

Thursday, January 29

Breakfast

French Toast Sticks
Milk and Fruit

Lunch

Chicken Fajitas w/
New Item: Cilantro Rice
Pinto Beans
Milk and Fruit

Snack

Belly Bear Grahams
Apple Juice

Friday, January 30

Breakfast

Breakfast Burrito
Milk and Fruit

Lunch

RibBQ on Hoagie Bread
Green Beans
Milk & Fruit

Snack

Oven Baked Potato Crisps
Low-Fat Milk

Monday, February 2

Breakfast

Corn Muffin
Milk and Fruit

Lunch

Cheese Bites
w/ Marinara Sauce Cup
Diced Carrots
Milk and Fruit

Snack

Scooby Doo Grahams
Low-Fat Milk

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



or



GARVEY SCHOOL DISTRICT - FOOD SERVICES DEPARTMENT

*** **REMINDER TO ALL K-8th
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

BREAKFAST

A COMPLETE BREAKFAST INCLUDES:

Take

3-5

One must be a fruit or
veggie

LUNCH

A COMPLETE LUNCH INCLUDES:

STUDENT A LA CARTE

Menu Item Prices for SY 25-26

Main Entrée (Breakfast) = \$3.25

Main Entrée (Lunch) = \$5.00

Fruit or Vegetable = \$1.00

Milk or Juice = \$0.75

Snack - \$1.50

GSD Board Approval Date: 08/07/2025

**Word
of the
Month**

judge·ment

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
(626) 307-3407**