

welcome back

MENUS FOR AUGUST 2025

Garvey School District

Early Head Start / Head Start / TK

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

AVAILABLE DAILY

**MILK IS SERVED AT EVERY BREAKFAST,
LUNCH & SNACK**

**1-2 YR. OLD = 1/2 CUP
WHOLE UNFLAVORED MILK**

**& 2-5 YR. OLD = 3/4 CUP
1% UNFLAVORED MILK**

**ALL GRAINS OFFERED
ARE WHOLE GRAIN RICH**

Early Head Start (EHS)

FOOD ITEMS

ARE MODIFIED & ADJUSTED FOR TODDLERS

We're proud to help keep America strong

Most folks don't know that the National School Lunch Program began in the years after World War II because so many recruits had been deferred from war-time service due to malnutrition. So serving meals at school began as a national defense strategy!

School meals were good for kids, good for families – and good for our nation.

And we're still here for you, day in and day out, all year long. Welcome back!!

School Meals
We serve education every day™

Friday, August 1

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2c Orange Wedges

Lunch

2 ea Chicken Tenders
1/4 c Seasoned Wedges
1 ea Milk and 1/2 c Diced Pears

Snack

1 ea WG Apple Cinnamon
Bears
1 ea Low-Fat Milk

Monday, August 4

Breakfast

2 ea WG Pancake Bites
1 ea Milk and 1/2 c Fruit Mix

Lunch

1/2 ea WG Chicken Sandwich
1/4 c Mixed Vegetables
1 ea Milk and 1 ea Orange

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Tuesday, August 5

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/4 c Melon

Lunch

1 ea WG Cheesy Pull Aparts w/
1 ea Marinara Sauce
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea WG Savory Crackers & 1 oz
Tuna Salad
1 ea Low-Fat Milk

Wednesday, August 6

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1 ea Tangerine

Lunch

1/2 ea WG Galaxy Pizza
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Diced
Peaches

Snack

1 ea WG Cheez-Its
1 ea Low-Fat Milk

Thursday, August 7

Breakfast

1 oz Scrambled Eggs &
1 ea WG Toast
1 ea Milk and 1/2c Applesauce

Lunch

1/4 c Teriyaki Chicken &
1/2 c Brown Rice
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG Scooby Doo Graham Stix
1 ea Low-Fat Milk

Friday, August 8

Breakfast

1/2 ea WG Pizza Bagel
1 ea Milk and 1/2c Orange Wedges

Lunch

1 ea WG Beef Taco Wrap
1/4 c Tater Tots
1 ea Milk and 1/2 c Diced Pears

Snack

1 ea WG Goldfish
1 ea Low-Fat Milk

Monday, August 11

Breakfast

1/2 ea WG Breakfast Sandwich
1 ea Milk and 1/2 c Fruit Mix

Lunch

1 ea WG Cheese Calzone
1/4 c Mixed Vegetables
1 ea Milk and 1 ea Orange

Snack

1 ea WG Flatbread & 1 ea
Sunbutter Cup
1 ea Low-Fat Milk

Tuesday, August 12

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/4 c Melon

Lunch

6ea WG Popcorn Chicken
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea WG Honey Graham
1 ea Low-Fat Milk

Wednesday, August 13

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1 ea Tangerine

Lunch

1/2 ea WG Pizzaboli
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Diced
Peaches

Snack

1 ea WG Vanilla Sports Bites
1 ea Low-Fat Milk

Thursday, August 14

Breakfast

2 ea WG Waffle Sticks
1 ea Milk and 1/2c Applesauce

Lunch

1 ea WG Eggroll &
1/2 c Brown Rice
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG States & Capitals
1 ea Low-Fat Milk

Friday, August 15

Breakfast

1 ea Egg Patty &
1 ea WG Toast
1 ea Milk and 1/2c Orange Wedges

Lunch

1 ea WG Cheeseburger Slider
1/4 c Tater Tots
1 ea Milk and 1/2 c Diced Pears

Snack

1 ea WG Graham Bears
1 ea Low-Fat Milk

Monday, August 18

Breakfast

2 ea WG Pancake Bites
1 ea Milk and 1/2 c Fruit Mix

Lunch

1 ea WG Grilled Cheese Sandwich
1/4 c Mixed Vegetables
1 ea Milk and 1 ea Orange

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Tuesday, August 19

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1 ea Sliced Apples

Lunch

1/2 WG Bean & Cheese Burrito
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea Applesauce Cups
1 ea Low-Fat Milk

Wednesday, August 20

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1 ea Tangerine

Lunch

1 ea WG Pizza Slider
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Diced Peaches

Snack

1 ea WG Cheez-Its
1 ea Low-Fat Milk

Thursday, August 21

HEAD START & TK BEGIN

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1 ea Applesauce

Lunch

1/2 Turkey & Cheese Sandwich
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG Rainbow Goldfish
1 ea Low-Fat Milk

Friday, August 22

Breakfast

1 ea WG Breakfast Sausage Sandwich
1 ea Milk and 1/2c Orange Wedges

Lunch

1/2 WG Cheese Quesadilla (EHS)
1 ea WG Cheese Quesadilla (HS)
1/4 c Tater Tots
1 ea Milk and 1/2 c Diced Pears

Snack

1 ea WG Belly Bear Grahams
1 ea Low-Fat Milk

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, August 25

Breakfast

1/2 WG Maple Waffle
1 ea Milk and 1/2 c Fruit Mix

Lunch

1 ea Cheeseburger Slider(EHS)
2 ea Cheeseburger Slider (HS)
1/4 c Green Peas
1 ea Milk and 1 ea Orange

Snack

1 ea WG Goldfish Grahams
1 ea Low-Fat Milk

Tuesday, August 26

Breakfast

1/2 WG Pizza Bagel(EHS)
1 ea WG Pizza Bagel (HS)
1 ea Milk and 1 ea Sliced Apples

Lunch

6 ea WG Popcorn Chicken (EHS)
12 ea WG Popcorn Chicken (HS)
w/ 1 ea Goldfish Crackers
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea WG Vanilla Bites
1 ea Low-Fat Milk

Wednesday, August 27

Breakfast

1 ea WG Pancakes
1 ea Milk and 1 ea Tangerine

Lunch

1 ea WG Cheese Pizza Wedge
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Diced Peaches

Snack

1 ea WG Cheez Its
1 ea Low-Fat Milk

Thursday, August 28

Breakfast

1 ea WG Lemon Loaf
1 ea Milk and 1 ea Applesauce

Lunch

Mandarin Orange Chicken & Brown Rice
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG Honey Graham
1 ea Low-Fat Milk

Friday, August 29

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2c Orange Wedges

Lunch

1/2 WG Grilled Cheese Sandwich (EHS)
1 ea WG Grilled Cheese Sandwich(HS)
1/4 c Tater Tots
1 ea Milk and 1/2 c Diced Pears

Snack

1 ea WG Vanilla Sports Bites
1 ea Low-Fat Milk

Hang in there, Dawg!

They call this time of year the "dog days." It's hot. Still. You're in school. **Already.** Folks are a bit testy. But it won't stay this hot forever. Relief is in sight. We promise.



Monday, September 1



NO SCHOOL

Tuesday, September 2

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1 ea Sliced Apples

Lunch


1 ea WG Cheesy Pull Aparts (EHS)
2 ea WG Cheesy Pull Aparts (HS)
w/ 1 ea Marinara Sauce
1/4 c Yellow Corn
Assorted Milk & Assorted Fruit

Snack

1 ea WG Scooby Doo Grahams
Low-Fat Milk

★ **OUR NATION'S HISTORY** ★

On August 28, 1963, during the March on Washington, Martin Luther King, Jr., delivered his famous "I Have a Dream" speech to a crowd of a quarter-million people. Amazingly, the words "I have a dream" were not in the speech King had prepared -- he improvised that theme, meaning that he worked it into the speech on the spot!



★ **WITH LIBERTY & JUSTICE FOR ALL** ★