

K-8th Menus for September 2025



Garvey School District

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

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, September 1



Tuesday, September 2

Breakfast

WG Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch

WG Cheesy Pull Aparts w/
Marinara Sauce Cup
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

WG Scooby Doo Grahams
Low-Fat Milk

Wednesday, September 3

Breakfast

WG French Toast Sticks
Low-Fat Milk and Fruit

Lunch

WG Pizza Sliders
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

WG Cheez-Its
Low-Fat Milk

Thursday, September 4

Breakfast

WG Breakfast Burrito
Low-Fat Milk and Fruit

Lunch

Teriyaki Chicken
& Brown Rice
Green Beans
Assorted Milk & Assorted Fruit

Snack

WG Belly Bear Grahams
Low-Fat Milk

Friday, September 5

Breakfast

WG Pancakes
Low-Fat Milk and Fruit

Lunch

WG Cheese Quesadilla or
Manager's Choice
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

WG Rainbow Goldfish
Low-Fat Milk

Monday, September 8

Breakfast

WG Toast & Eggs
Low-Fat Milk and Fruit

Lunch

WG Cheeseburger Sliders
Tater Tots
Assorted Milk & Assorted Fruit

Snack

WG Jungle Crackers
Low-Fat Milk

Tuesday, September 9

Breakfast

WG Pizza Bagel
Low-Fat Milk and Fruit

Lunch

Popcorn Chicken & WG Biscuit
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

WG Maple Waffle Graham
Low-Fat Milk

Wednesday, September 10

Breakfast

WG Honey Bun
Low-Fat Milk and Fruit

Domino's or Papa John's
Cheese or Pepperoni Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Multigrain Sun Chips
Low-Fat Milk

Thursday, September 11

Breakfast

WG Waffle or
Red, White & Blue Parfait
Low-Fat Milk and Fruit

Lunch

Teriyaki Beef Dippers
& Brown Rice
Green Beans
Assorted Milk & Assorted Fruit

Snack

Sunbutter Cups w/
States & Capitals Cracker
Low-Fat Milk

Friday, September 12

Breakfast

WG Breakfast Sandwich
Low-Fat Milk and Fruit

Lunch

WG Corn Dog or Hot Dog
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

WG Chocolate Tiger Bites
Low-Fat Milk

*** 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

*Remembering our Heroes on
September 11, and showing our
support for them*

*all year
round.*



Monday, September 15

Breakfast

WG Chocolate Chip Muffin
Low-Fat Milk and Fruit

Lunch

Chicken Drum-day Monday &
Hawaiian Roll
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

WG Cheez-Its
Low-Fat Milk

Tuesday, September 16

Breakfast

Eggs & Hash Brown
Low-Fat Milk and Fruit

Lunch

WG Beef Taco Stick
Refried Beans
Assorted Milk & Assorted Fruit

Snack

WG Scooby Doo Grahams
Low-Fat Milk

Wednesday, September 17

Breakfast

WG Ham & Cheese Croissant
Low-Fat Milk and Fruit

Lunch

WG French Bread Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

WG Cheetos Puffs
Low-Fat Milk

Thursday, September 18

Breakfast

WG Apple Frudel
Low-Fat Milk and Fruit

Lunch

WG Regular/Spicy Chicken
Sandwich
Green Beans
Assorted Milk & Assorted Fruit

Snack

Apples
Low-Fat Milk

Friday, September 19

Breakfast

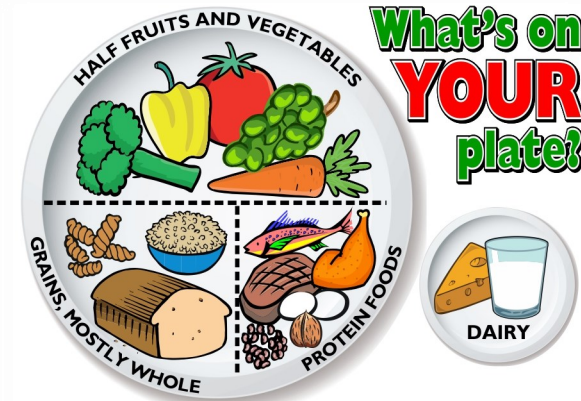
WG Benefit Bar
or Overnight Oats
Low-Fat Milk and Fruit

Lunch

WG Chicken Taquitos
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

WG Rainbow Goldfish
Low-Fat Milk



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, September 22

Breakfast

WG Cornbread Poppers
Low-Fat Milk and Fruit

Lunch

Beef RibBq on WG Hoagie Roll
Assorted Milk & Assorted Fruit
Seasoned Potato Wedges

Snack

WG Chocolate Chip Crisps
Low-Fat Milk

Tuesday, September 23

Breakfast

WG Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch

WG Cheesy Pull Aparts w/
Marinara Sauce Cup
Yellow Corn
Assorted Milk & Assorted Fruit

**Breakfast for
Snack**

WG Cereal & Low-Fat Milk

Wednesday, September 24

Breakfast

WG French Toast Sticks
Low-Fat Milk and Fruit

Lunch

Domino's or Papa John's
Cheese or Pepperoni Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Multigrain Sun Chips
Low-Fat Milk

Thursday, September 25

Breakfast

WG Breakfast Burrito
Low-Fat Milk and Fruit

Lunch

Korean Soy Garlic Chicken
& Brown Rice
Green Beans
Assorted Milk & Assorted Fruit

Snack

Sunbutter Cup w/
States & Capitals Cracker
Low-Fat Milk

Friday, September 26

National Pancake Day!

Breakfast

WG Pancakes
Low-Fat Milk and Fruit

Lunch

WG Bean & Cheese Burrito or
Manager's Choice
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

Strawberry Fruit Roll Up
Low-Fat Milk

Monday, September 29

Breakfast

WG Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch

WG Cheeseburger Sliders
Tater Tots
Assorted Milk & Assorted Fruit

Snack

WG Cheez-Its
Low-Fat Milk

Tuesday, September 30

Breakfast

WG Pizza Bagel
Low-Fat Milk and Fruit

Lunch

WG Chicken & Vegetable
Dumplings
& Vegetable Fried Rice
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

WG Scooby Doo Grahams
Low-Fat Milk

Wednesday, October 1

Breakfast

WG Blueberry Muffin
Low-Fat Milk and Fruit

Lunch

WG Pizzaboli
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

WG Cheetos Puffs
Low-Fat Milk

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 & Vegetables @ the Salad Bar

Turkey (& Cheese) Sandwich

or

New SY 25-26 Item: Salad Shaker Cup

or

Yogurt & Fruit Parfait

**Word
of the
Month**
honest

adj. 1. honorable in principles, intentions, and actions. 2. showing uprightness and fairness. 3. truthful or credible. 4. sincere, frank.



**GSD
Food Services
Department**