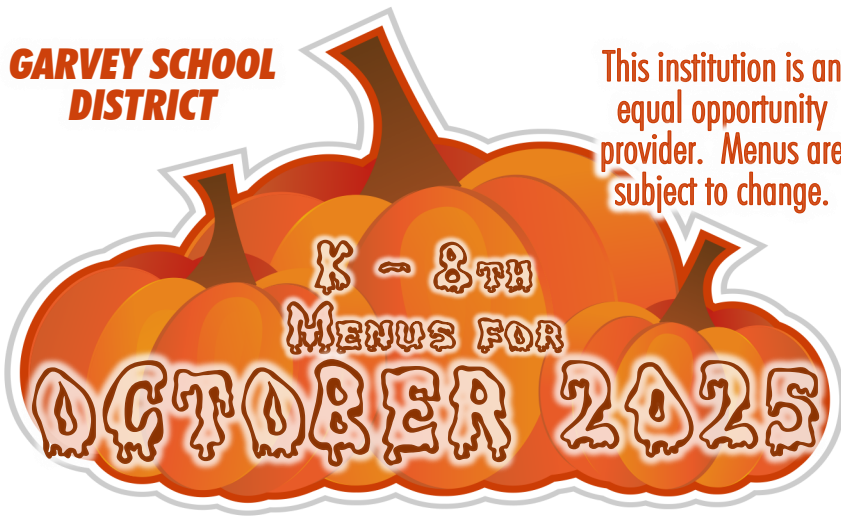


GARVEY SCHOOL DISTRICT

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



Wednesday, October 1

Breakfast
Blueberry Muffin
Low-Fat Milk and Fruit

Lunch
Pizzaboli
Baby Carrots & Ranch
Assorted Milk & Assorted Fruit

Snack
Cheetos Puffs
Low-Fat Milk

Thursday, October 2

Breakfast
Breakfast Burrito
Low-Fat Milk and Fruit

Lunch
Pasta & Meat Sauce
Mixed Green Salad
Milk and Fruit

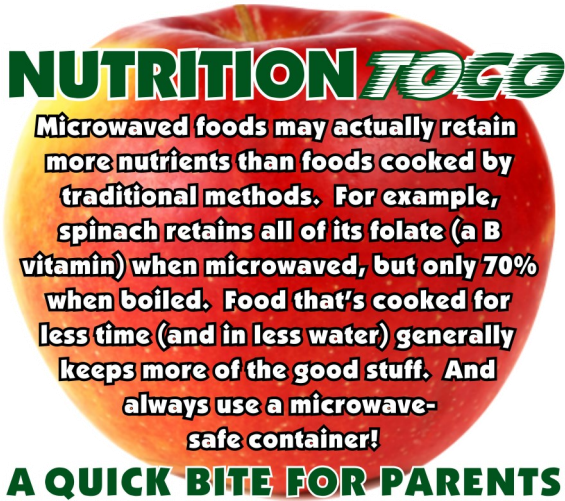
Snack
Frozen Peaches Cup
Low-Fat Milk

Friday, October 3

Breakfast
Breakfast Sausage Sandwich
Low-Fat Milk and Fruit

Lunch
Cheese Quesadilla
Green Beans
Milk and Fruit

Snack
Belly Bear Grahams
Low-Fat Milk



Monday, October 6

Breakfast
Waffle
Low-Fat Milk and Fruit

Lunch
Cheeseburger Sliders
Green Peas
Milk and Fruit

Snack
Jungle Crackers
Low-Fat Milk

Tuesday, October 7

Breakfast
Pizza Bagel
Low-Fat Milk and Fruit

Lunch
Popcorn Chicken
Garlic Breadstick
Yellow Corn
Milk and Fruit

Snack
Honey Graham
Low-Fat Milk

Wednesday, October 8

Breakfast
French Toast Sticks
Low-Fat Milk and Fruit

Lunch
Domino's or Papa John's Pizza
Baby Carrots a& Ranch
Milk and Fruit

Snack
Multigrain Sun Chips
Apple Juice

Thursday, October 9

Breakfast
Apple Frudel
Low-Fat Milk and Fruit

Lunch
Teriyaki Chicken
& Brown Rice
Mixed Green Salad
Milk and Fruit

Snack
Farmers Market Crisps
Low-Fat Milk

Friday, October 10

Breakfast
Pancakes
w/ Organic Mixed Berries
Low-Fat Milk

Lunch
Grilled Cheese Sandwich or
Manager's Choice
Waffle Fries
Milk and Fruit

Snack
Scooby Doo Graham Sticks
Low-Fat Milk

Monday, October 13

Breakfast
New Item: Stuffed Chicken Sausage & Cheese Waffle
Low-Fat Milk and Fruit

Lunch
Korean Ground Beef Bulgogi
& Brown Rice
Green Peas
Milk and Fruit

Snack
Goldfish Grahams
Low-Fat Milk

Tuesday, October 14

Breakfast
Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch
Beef & Cheese Taco CrispUps
Yellow Corn
Milk and Fruit

Snack
Cool Ranch Chips
Low-Fat Milk

Wednesday, October 15

Breakfast
Overnight Oats
or Manager's Choice
Low-Fat Milk and Fruit

Lunch
Cheese or Pepperoni Calzone
Baby Carrots & Ranch
Milk and Fruit

Snack
Cheez Its
Milk

Thursday, October 16

Breakfast
Breakfast Burrito
Low-Fat Milk and Fruit

Lunch
Flatbread Chicken Bahn Mi
Mixed Green Salad
Milk and Fruit

Snack
Roasted Sunflower Kernels
Milk

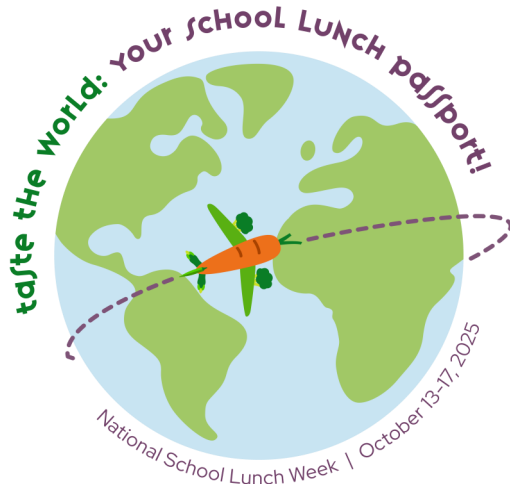
Friday, October 17

National Pasta Day

Breakfast
Banana Muffin
Low-Fat Milk and Fruit

Lunch
Chicken Marinara Pasta
Green Beans
Milk and Fruit

Snack
Belly Bear Grahams
Milk



KIDS! Please join us to celebrate National School Lunch Week, October 13-17!

*** 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

Monday, October 20

Breakfast

French Toast Sticks
Low-Fat Milk and Fruit

Lunch

Beef RibBq on Hoagie Roll
Green Peas
Milk and Fruit

Snack

WG Rainbow Goldfish
Low-Fat Milk

Tuesday, October 21

National Apple Day

Breakfast

Bagel & Cream Cheese
Low-Fat Milk and Fruit

Lunch

Popcorn Chicken & Biscuit
Yellow Corn
Milk and Fruit

Snack

Sliced Apples & Sunbutter Cup
Low-Fat Milk

Wednesday, October 22

Breakfast

Scrambled Eggs & Toast
Low-Fat Milk and Fruit

Lunch

Cheese or Pepperoni Galaxy
Pizza Round
Baby Carrots & Ranch
Milk and Fruit

Snack

Mozzarella String Cheese
Apple Juice

Thursday, October 23

Breakfast

Cinnamon Crumb Cake
Low-Fat Milk and Fruit

Lunch

Mandarin Orange Chicken
& Brown Rice
Mixed Green Salad
Milk and Fruit

Snack

Honey Belly Bears
Low-Fat Milk

Friday, October 24

Breakfast

Ham & Cheese Croissant
Low-Fat Milk and Fruit

Lunch

Chicken Tamale
Refried Beans & Cheese
Milk and Fruit

Snack

WG Jungle Crackers
Low-Fat Milk

Monday, October 27

Breakfast

Ultimate Breakfast Round
Low-Fat Milk and Fruit

Lunch

Hot Dog or Corn Dog
"Smiles" Fries
Milk and Fruit

Snack

Goldfish Grahams
Low-Fat Milk

Tuesday, October 28

Breakfast

Pancakes
Low-Fat Milk and Fruit

Lunch

Chicken & Vegetable Dumplings
w/ New Item: Asian Noodle Salad
Yellow Corn
Milk and Fruit

Breakfast for Snack

Apple Jacks or Cheerios Cereal
Low-Fat Milk

Wednesday, October 29

Breakfast

Buttermilk Bar
Low-Fat Milk and Fruit

Lunch

Domino's or Papa John's Pizza
Baby Carrots & Ranch
Milk and Fruit

Snack

Scooby Doo Fruit Snack
Low-Fat Milk

Thursday, October 30

Breakfast

Breakfast Burrito
Low-Fat Milk and Fruit

Lunch

Beef Pasta Bolognese
Mixed Green Salad
Milk and Fruit

Snack

Heartzels Pretzels
Low-Fat Milk

Friday, October 31

Breakfast

Blueberry Muffin
Low-Fat Milk and Fruit

Lunch

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

Snack

Cheez-Its
Low-Fat Milk

AVAILABLE DAILY

****All Grain Items are Whole Grain Rich (WGR)**

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

Turkey (& Cheese) Sandwich or Wrap
or

New for SY 25-26 Item: Salad Shaker Cup
or
Yogurt & Fruit Parfait

Monday, November 3

Breakfast

Chicken Sausage &
Maple Pancake Sandwich
Low-Fat Milk and Fruit

Lunch

Beef Taco Stick
Green Peas
Milk and Fruit

Snack

Fruit Roll Up
Low-Fat Milk



**GSD
Food Services
Department**

TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they **MUST** collect candy, pick out a couple of favorite pieces and then toss the rest.

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

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**