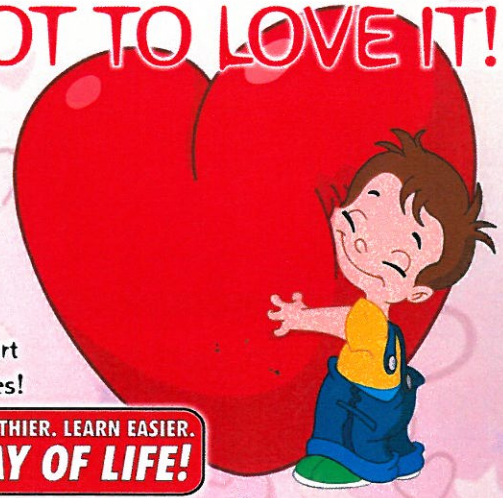
Menus for Ganado Unified School District 20

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

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the *ONLY* King with out a moustache. Happy Valentine's Day!

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Breakfast Hot or Cold Cereal, WG Toast w/Jelly, Sliced Pears, Choice of Milk **Lunch** Hotdog on a Bun Baked Beans Oven Fries Mandarin Oranges 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)	**Breakfast** Scrambled Eggs, Banana Muffin, Asst. Juice, Apple Slices, Choice of Milk **Lunch** Chicken Enchilada Mexicali Corn Steam Broccoli Fruited Jell-O 1%White, Skim Choc. Milk (Alternate Choice @M/S, H/S)	**Breakfast** WG Corn Mush, Sausage Patty, Sliced Peaches, Choice of Milk **Lunch** Frito Chili Pie w/ Shredded Lettuce, Tomato Celery Sticks Fresh Orange 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)	**Breakfast** Breakfast Burrito w/Salsa, Applesauce, Choice of Milk **Lunch** Braised Beef over Brown Rice Whole Kernel Corn Steamed Carrot WG Dinner Roll 1%White, Skim Choc. Milk (Alternate Choice @MS,HS)	**Breakfast** Peanut butter Jelly or Grill Cheese Sandwich, Banana, Choice of Milk **Lunch** Cheese or Pepperoni Pizza Tossed Salad w/ Ranch Dressing Tropical Fruit 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)
Monday, February 10	**Tuesday, February 11**	**Wednesday, February 12**	**Thursday, February 13**	**Friday, February 14**
Breakfast Hash browns, Egg Patty, WG Toast w/ Jelly, Assorted Juice, Choice of Milk **Lunch** Softed Shell Taco Refried Beans Spanish Rice Side Kicks 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)	**Breakfast** Pancake on a Stick, Syrup, Applesauce, Choice of Milk **Lunch** **PS,IS : Cheeseburger, Fries,Gr. Leaf, Tomato** Sliced Ham Sweet Potatoes Green Beans, WG Rolls Pineapple Tidbits 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)	**Breakfast** Ham & Cheese Bar, Assorted Cereal, Sliced Peaches, Choice of Milk **Lunch** Chicken Nuggets BBQ Sauce WG Sliced Bread Tossed Salad w/ Dressing Mixed Fruit 1%White, Skim Choc. Milk (Alternate Choice @M/S, H/S)	**Breakfast** Oatmeal w/Brown Sugar, WG Toast w/ Jelly, Sliced Peaches, Choice of Milk **Lunch** Bean & Cheese Burrito Mexicali Corn Spanish rice Salsa Fresh Fruit 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)	**Breakfast** Breakfast Pizza, Cheese Sticks, Assorted Juice, Sliced Apples, Choice of Milk **Lunch** Chicken Hot Wings Tossed Salad Ranch Dressing Valentine Treat Cherry Pears 1%White, Skim Choc. Milk (Alternate Choice @M/S,H/S)

Available Daily

Middle & High School

Monday: Cheese Burger
Tuesday: Pepperoni Pizza
Wednesday: Bean Burrito
Thursday: Chef Salad/Deli
Friday: Corndogs