



Menus for October 2021

Ganado Unified School District # 20

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

Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals

We serve education every day™

Friday, October 1

Breakfast

Breakfast Pizza OR
Hot Cereal, Asst.
Juice, Fresh Apple,
Choice of Milk

Lunch

Spaghetti w/
Meat Sauce
Romaine Salad
Ranch Dressing
Diced Peaches
H/S,M/S Alternate Choice

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

Ganado Unified School District # 20

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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

Monday, October 4

Breakfast

Breakfast Sandwich,
Pineapple Tidbits,
Assorted Milk

Lunch

Taco Soup
WG Tortilla Chips
Spanish Rice
Diced Peas
MS,HS: Broccoli
Assorted Milk
H/S,M/S Alternate Choice

Tuesday, October 5

Breakfast

PB & Jelly Sand. OR
Hot Cereal, Asst. Juice,
Banana, Assorted Milk

Lunch

Chicken Nuggets
Dinner Roll
Mixed Vegetables
Applesauce
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, October 6

Breakfast

Western omelet
Quesadilla, Salsa,
Diced Peas, Apple,
Assorted Milk

Lunch

Beef Burrito
Brown Rice
Romaine Salad
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Thursday, October 7

Breakfast

WG Bagel, Cream
Cheese, Asst.. Juice,
Orange, Assorted Milk

Lunch

Sloppy Joe
French Fries
Baked Beans
Fruit Mix
Assorted Milk
H/S,M/S Alternate Choice

Friday, October 8

**NO School
District
Close
Fall Break**

Monday, October 11

**No School
District
Close
Fall Break**

Tuesday, October 12

Breakfast

Hot OR Cold Cereal,
Graham Cracker, Asst.
Juice, Fresh Grapes,
Assorted Milk

Lunch

Pork Pozole
WG Flatbread
Steamed Broccoli
Fruit Salad
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, October 13

Breakfast

Breakfast Burrito,
Salsa, Applesauce,
Assorted Milk

Lunch

Chicken Drumsticks
WG Bread Slice
Mashed Potato w/ Gravy
Mixed Vegetables
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Thursday, October 14

Breakfast

Blueberry Muffin,
Yogurt, Orange,
Assorted Milk

Lunch

Mandarin Orange
Chicken w/ Br. Rice
Parsley Carrots
Green Beans
Sliced Peaches
Assorted Milk
H/S,M/S Alternate Choice

Friday, October 15

Breakfast

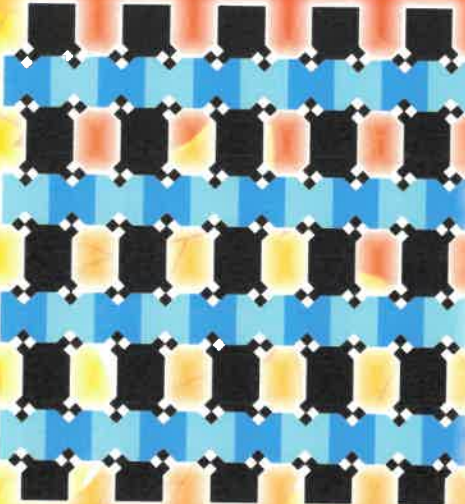
Brown Rice Or Cold
Cereal, Scramble Eggs,
Apple, Asst. Milk

Lunch

Choice of Pizza
Romaine Salad
Ranch Dressing
Celery Sticks
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!



BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer." Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Monday, October 18

Breakfast

Hot or Cold Cereal, WG Toast, Diced Pears, Fresh Apple, Assorted Milk

Lunch

Hotdog on a Bun
Ranch Beans
Baby Carrots
Diced Pears, Apple
Assorted Milk
H/S,M/S Alternate Choice

Tuesday, October 19

Breakfast

Breakfast Burrito, Applesauce, Orange, Assorted Milk

Lunch

Pork Pozole
WG Fry Bread
Romaine Salad
Ranch Dressing
Fresh Orange
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, October 20

Breakfast

Blue Muffin, Sausage patty, Asst. Juice, strawberries w/Banana
Assorted Milk

Lunch

Frito Chili Pie
Lettuce, Cheese, Tomato
Fresh Apple
Diced Peaches
Assorted Milk
H/S,M/S Alternate Choice

Thursday, October 21

Breakfast

Banana Muffin, Scrambled Eggs, Dice Peaches, Assorted Milk

Lunch

Braised Beef
Season Brown Rice
WG Dinner Roll
Steamed Corn
Zucchini Squash
Assorted Milk
H/S,M/S Alternate Choice

Friday, October 22

Breakfast

WG Biscuit, Country Gravy, Banana, Assorted Milk

Lunch

Pepperoni Pizza
Romaine Salad
Ranch Dressing
Green Beans
Fresh Apple
Assorted Milk
H/S,M/S Alternate Choice

Monday, October 25

Breakfast

Breakfast Taco, Salsa, Apple Juice, Fresh Grapes, Asst. Milk

Lunch

Native Taco w/Fry Bread
Lettuce, Cheese, Tomato
Fruit Mix
Salsa
Assorted Milk
H/S,M/S Alternate Choice

Tuesday, October 26

Breakfast

WG Pancake, Syrup, Sausage, Sliced Apple, PB, Assorted Milk

Lunch

Baked Chicken
Season Brown Rice
WG Lunch Roll
Steamed Carrots
Diced Pears
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, October 27

Breakfast

Hot or Cold Cereal, Graham Crackers, Fruit Cocktail, Asst. Milk

Lunch

Chicken Bowl
WG Slice Bread
Green Peas
Fruit Mix
Assorted Milk
H/S,M/S Alternate Choice

Thursday, October 28

Breakfast

Blueberry Muffin, Yogurt, Diced Peaches, Asst. Milk

Lunch

Beef Stew
WG Cornbread
Steamed Broccoli
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Friday, October 29

Breakfast

Breakfast Pizza, Mozzarella Cheese String, Fresh Apple
Assorted Milk

Lunch

Spaghetti w/ Meat Sauce
Romaine Salad
Ranch Dressing
Diced Peaches
H/S,M/S Alternate Choice



What's on YOUR plate?

Q:

Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!



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