

August 2019



Breakfast and Lunch Menu

2019—2020 Meal Prices

	Brk	Lunch
Pre K—6th	\$1.50	\$2.60
7th—8th	\$1.60	\$2.70
9th—12th	\$1.75	\$2.85
Reduced	\$.30	\$.40
Adult	\$2.50	\$3.75

Garden City Child Nutrition and Wellness Department
Tracy Johnson, Director
620-805-7080
trjohnson@gckschools.com

Mon	Tue	Wed	Thu	Fri
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Welcome Back!
The Nutrition and Wellness Department is honored to have all district students eat breakfast and lunch with us. Our goal is to provide healthy meals that satisfy our customers!

Free and Reduced Priced Meals
To apply for free or reduced meals, parents or guardians must complete a Child Nutrition Program Benefits Application each year. Applications are available *after July 29* on line <https://frapps.horizonsolana.com/GARC01> or at the Nutrition Service Office, located at 1205 Fleming. Eligibility is based on income guidelines issued

No Meals Served Half Day of School 12	Mini Cinnamon Rolls Fruit Choice Cheeseburger Lettuce Tomato Onion Sweet Potato Puffs Baked Beans Orange Wedge 13	Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie 14	Breakfast Biscuit or Breakfast Round Fruit Choice Sandwich Bar Fresh Fruit Cup RF Hot Cheetos 15	Breakfast Pizza or Oatmeal Bar Fruit Choice Cheesy Nacho Supreme Garden Fresh Selection Golden Steamed corn Fiesta Fruit Salad 16
Mini Bagel Fruit Choice Spaghetti with Marinara Garden Fresh Selection Green Beans Pineapple Tidbits Breaded Cheese Stick 19	Cheese Quesadilla or Waffle Fruit Choice Hot Dog Garden Fresh Selection Sweet Potato Fries Fresh Fruit Cup 20	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Walking Tacos Garden Fresh Selection Golden Steamed Corn Refried Beans Tropical Fruit Salad 21	Cheese Stick or Breakfast Coffee Cake Fruit Choice BBQ Rib Sandwich Garden Fresh Selection Seasoned Pinto Beans Fresh Fruit Cup RF Doritos 22	Cooks Choice Fruit Choice Chicken and Noodles Glazed Carrot Coins Mashed Potatoes Apple Slices Whole Wheat Roll 23
Mini Pancakes Fruit Choice Country Beef Patty Golden Corn Mashed Potato/Gravy Chilled Peaches Whole Wheat Roll 26	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie Garden Fresh Selection Orange Wedge Cinnamon Puff 27	Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries and Bananas Cookie 28	Breakfast Biscuit or Breakfast Round Fruit Choice Breaded Chicken Sand Garden Fresh Selection Broccoli and Cheese Roasted Potatoes Chilled Pears 29	Breakfast Pizza or Hot Oatmeal Bar Fruit Choice Monthly Special! Check your Cafeteria 30

This institution is an equal opportunity provider.