

March 2020

Garden City Public School Breakfast and Lunch Menu



Mon	Tue	Wed	Thu	Fri
National School Breakfast week. Check your cafeteria for special breakfast offerings				
Chicken Taco 🐔 Refried Beans Garden Fresh Selection Chilled Pears Tortilla Chips 2	Cheeseburger 🍔 Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge 3	Tony's Cheese Pizza Garden Fresh Selection Chilled Peaches Cookie 4	Sandwich Bar 🍔 Fresh Fruit Cup RF Hot Cheetos 5	Cheesy Nacho Supreme 🍔 Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad 6
Mini Bagel Fruit Choice Spaghetti with Marinara Green Beans Pineapple Tidbits Bread Cheese Stick 9	Cheese Quesadilla or Waffle Fruit Choice Pig in Blanket 🐔 Garden Fresh Selection Sweet Potato Puffs Apple Slices 10	Ham Bar/Biscuit or 🍔 Oatmeal Bar Fruit Choice Walking Taco 🍔 Golden Steamed Corn Salsa Refried Beans Chilled Pears 11	Cheese Stick or Breakfast Coffee Cake Fruit Choice Breaded Pork Patty 🍔 Garden Fresh Select Potato Choice Seasoned Pinto Beans Fresh Fruit Cup 12	Cooks Choice Fruit Choice Chicken and Noodles 🐔 Glazed Carrot Coins Mashed Potatoes Mixed Fruit Whole Wheat Roll 13
Spring Break 16	Spring Break 17	Spring Break 18	Spring Break 19	Spring Break 20
Mini Pancakes Fruit Choice Country Beef Patty 🍔 Garden Fresh Selection Golden Corn Mashed Potato/Gravy Chilled Peaches Whole Wheat Roll 23	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie 🍔 Garden Fresh Selection Mandarin Oranges/Kiwi Cinnamon Roll 24	Lumberjack Stick or 🐔 Oatmeal Bar Fruit Choice Tony's Pepperoni Pizza 🍔 Garden Fresh Selection Strawberries and Bananas Cookie 25	Breakfast Biscuit or 🐔 Breakfast Round 🐔 Fruit Choice Breaded Chicken Sand 🐔 Garden Fresh Selection Broccoli and Cheese Roasted Potatoes Frozen Fruit Cup 26	Breakfast Pizza or 🐔 Hot Oatmeal Bar 🐔 Fruit Choice Monthly Special! Check your Cafeteria 27
Mini French Toast Fruit Choice Corn Dogs 🐔 Garden Fresh Selection Potato Choice Cinnamon Applesauce 30	Cheese Quesadilla or Waffle Fruit Choice Pasta Bake 🍔 Garden Spinach Salad Mixed Vegetables Tropical Fruit Garlic Bread 31	<div style="text-align: center;">  National School Breakfast Week is March 2-6! Schools will be celebrating with decorations, special menus, and events. Parents come join your students for breakfast during NSBW or any time during the year! </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> 🍔 Pork 🍔 Beef 🐔 Poultry </div>		

Students that eat breakfast are more likely to:

- ★ Have higher scores on test
- ★ Have better concentration
- ★ Be more alert
- ★ Maintain a healthy weight
- ★ Higher achievements in reading and math



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