



March 2019

Garden City Public School Breakfast and Lunch Menu

Mon	Tue	Wed	Thu	Fri
National School Breakfast Week is March 4-8! 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!				Cooks Choice Fruit Choice Orange Chicken Garden Fresh Selection Apple Slices Fried Rice 1
National School Breakfast week. Check your cafeteria for special breakfast offerings				
Chicken Taco Refried Beans Garden Fresh Selection Chilled Pears Tortilla Chips 4	Cheeseburger Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge 5	Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie 6	Sub Sandwich Bar 7	½ day No Lunch Served 8
Spring Break 11	Spring Break 12	Spring Break 13	Spring Break 14	Spring Break 15
Mini Bagel Fruit Choice Spaghetti with Marinara Green Beans Pineapple Tidbits Bread Cheese Stick 18	Cheese Quesadilla or Waffle Fruit Choice Hot Dog Garden Fresh Selection Sweet Potato Puffs Grapes 19	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Walking Taco Golden Steamed Corn Salsa Refried Beans Fresh Apple slices 20	Cheese Stick or Breakfast Coffee Cake Fruit Choice Pork and Bean Burritos Lettuce, Tomato, Cheese Salsa Chilled Peaches Nacho Chips 21	Cooks Choice Fruit Choice Grilled Chicken Sandwich Garden Fresh Selection Roasted Potatoes Tropical Fruit Salad 22
Mini Pancakes Fruit Choice BBQ Rib Sandwich Garden Fresh Selection Seasoned Pinto Beans Fresh Fruit Cup 25	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie Garden Spinach Salad Mandarin Oranges/Kiwi Cinnamon Puff 26	Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries/Bananas Cookie 27	Breakfast Biscuit or Breakfast Round Fruit Choice Chicken Tenders Peas and Carrots Mashed Potato/Gravy Fresh Fruit Cup Whole Wheat Roll 28	Breakfast Pizza or Hot Oatmeal Bar Fruit Choice Monthly Special! Check your Cafeteria 29

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**



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