

OFFERED DAILY BREAKFAST

Berry Banana Yogurt Smoothie & Pretzels

Tropical Fruit Yogurt Smoothie & Pretzels

(Seasonal)

Pork Sausage Links with French Toast & Syrup

Turkey Sausage Breakfast Pizza

Homemade Breakfast Sandwich

pork sausage/egg/cheese/english muffin

Homemade Burritos

chicken & rice

pork sausage/egg/cheese/potato

egg/cheese/potato

Peanut Butter & Jelly Uncrustables Sandwich

Breakfast Bars

Pan Dulce

Pop Tart & String Cheese

Yogurt Parfait with Granola

LUNCH

SPECIAL OF THE DAY (see back page)

Orange Chicken Rice Bowl

Domino's or Papa John's Pizza

Hamburger/Cheeseburger with Fries

Spicy Chicken Burger with Fries

Chef Salad

Homemade Turkey Sandwiches

Spicy Chicken Wrap

PB & Jelly Uncrustables Sandwich

Yogurt Parfait with Fruit & Granola

SIDES & BEVERAGES

1% Low-fat Unflavored Milk or Fat-free

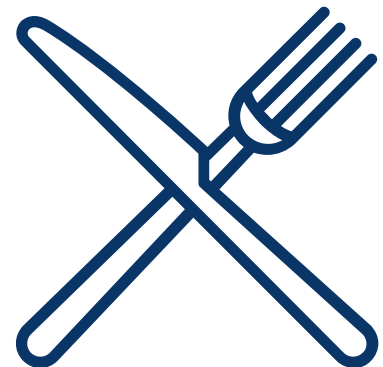
Chocolate Milk

100% Fruit Juice

Assorted Fruits

Assorted Vegetables (lunch only)

Menu subject to change based on product availability.



2022-2023 GGUSD








HIGH SCHOOL MENU



DAILY LUNCH SPECIALS

OCTOBER 2022



MON	TUES	WED	THURS	FRI
3 Marinara Meatball Sandwich on Sub Roll 	4 Chicken Alfredo with Penne Pasta Garlic Knot Roll	5 Nacho Cheese with Taco Meat Tortilla Chips	6 Tuscan Chicken Pasta Cheesy Breadstick	7 Seasoned Popcorn Chicken Waffle Cut Fries Sweet Chili Sauce Chocolate Chip Cookie
10 Beef Hot Dog Spicy Wedges	11 Spaghetti with Meat Sauce Cheesy Bread Stick	12 Bacon Western Cheeseburger Assorted Chips BBQ Sauce	13 General Tso Chicken Fried Rice Chocolate Chip Cookie	14  Chicken Box Spicy Wedges Dinner Roll
17 Marinara Meatball Sandwich on Sub Roll	18 Tuscan Chicken Pasta Cheesy Breadstick	19 Nacho Cheese with Taco Meat Tortilla Chips	20 Turkey Gravy with Mashed Potatoes Dinner Roll Corn on the Cob 	21 Seasoned Popcorn Chicken Waffle Cut Fries Sweet Chili Sauce Chocolate Chip Cookie
24 Beef Hot Dog Spicy Wedges 	25 Teriyaki Chicken with Garlic Noodles Topped with Scallions	26 Bacon Western Cheeseburger Assorted Chips BBQ Sauce	27 General Tso Chicken Fried Rice Chocolate Chip Cookie	28 Chicken Box Spicy Wedges Dinner Roll
31 Marinara Meatball Sandwich on Sub Roll				

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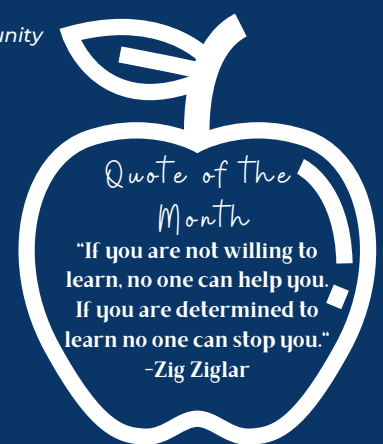


Scan QR code to download menu



Meals are available for all
GGUSD students at no cost.

For more information about our menus, please visit:
gardengrove.healtheliving.net



Adult/Ala Carte
 Breakfast: \$3.00
 Lunch: \$5.00