

# OFFERED DAILY LUNCH

SPECIAL OF THE DAY (see calendar menu)

## SANDWICHES:

Tuna Salad  
Egg Salad  
Veggie  
Turkey & Cheese  
Grilled Cheese  
Turkey Wrap

## SALADS:

Chef Salad  
Classic Spinach  
Signature Green  
Taco Salad

## SOUP:

Tortilla

## PARFAIT:

Vanilla Yami Yogurt (Lactose Free)  
with Berries & Granola - \$6.50

## SMOOTHIE:

Freshly Made 12 oz Strawberry Banana  
Smoothie \$4.50

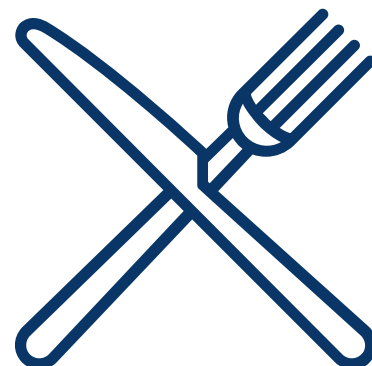


**BRING YOUR**  
*Own*

**SCAN THE QR CODE  
FOR MORE INFO**



Menu subject to change based on product availability.



# 2024-2025 GGUSD

## APPLE CART CAFE MENU





# OCTOBER 2024



**1 Soup:** Chicken Chipotle  
**Salad:** The Apple Cart Salad  
**Entree:** Taco Tuesday (2)  
Soft or Crunchy Seasoned Beef  
Tacos Served with Black Beans,  
Primavera Rice

**2 Soup:** Bean, Kale & Orzo  
**Salad:** Chipotle Chicken  
**Entree:** Apple Cart Beef Sliders (2)  
 Topped w/ Cheese, Shredded Lettuce,  
 Tomato, Grilled Onions, Mushrooms  
 Served w/ Potato Wedges

**3 Soup:** Navy Bean  
**Salad:** Italian Pasta  
**Entree:** Chicken Parmesan  
w/ Herbed Noodles, Side Salad  
and a Bite Size Brownie

**4 Soup:** Tortilla  
Apple, Cheese & Fig Jam Panini  
Assorted Salads and Boar's Head  
Deli Meat Sandwiches


Gluten Free Bread available upon request

**7** **Soup:** Corn Chowder  
**Salad:** BBQ Chicken  
**Entree:** Spaghetti with  
Meat or Marinara Sauce  
Served w/ Small Green Salad  
& Garlic Cheese Bread

**8** **Soup:** Tortilla  
**Salad:** Cobb  
**Entree:** Veggie or Ham Quiche  
Crustless Quiche Available  
w/ side of Carrot/Raisin Salad  
& Fresh Fruit.

**9 Soup: Tortilla**  
**Entree: Chicken Pho Soup**  
**\$8.50**  
 Served w/ Bok Choy, Basil, Green Onions, Lime, Cilantro, Jalapeños, Hoisin Sauce & Chili Sauce


**10** **Soup:** Potato Cheese  
**Salad:** Southwest Salad  
**Entree:** Tuscan Chicken  
w/Rotini Pasta  
Cherry Tomatoes, Spinach, Heavy  
Cream w/ Cheese Breadstick

**11 Soup:** Tortilla   
Apple, Cheese & Fig Jam Panini  
Assorted Salads and Boar's Head  
Deli Meat Sandwiches  
Gluten Free Bread available upon request

**14** **Soup:** Albondigas  
**Salad:** Chinese Chicken  
**Entree:** Southwest Rice Bowl  
Spanish Rice, Refried Beans, Corn,  
Diced Chicken, Cheese  
& Cilantro w/ Red Salsa

**15** **Soup:** Toscana  
**Salad:** Greek  
**Entree:** Homemade Chicken  
& Rice Burrito  
Served w/ Pico de Gallo, Spanish  
Rice, Refried Beans & Tortilla Chips

**16** **Soup:** Fideo  
**Salad:** Chicken Waldorf  
**Entree:** Baked BBQ Chicken  
(1 Breast or 1 Leg & 1 Thigh)  
Rice Pilaf and a Bag of Chips

**17 Soup:** Clam Chowder  
**Salad:** Arugula, Dried Cranberry,  
 Grape w/ Feta Cheese  
**Entree:** Baked Potato  
 Choice of Steamed Broccoli, Carrots,  
 Cheddar Cheese or Chili Beans

**18** **Soup:** Tortilla

Apple, Cheese & Fig Jam Panini  
Assorted Salads and Boar's Head  
Deli Meat Sandwiches

Gluten Free Bread available upon request



**21**  
**Soup:** Chicken Noodle  
**Salad:** Chinese Chicken  
**Entree:** Teriyaki Chicken Bowl  
 Steamed Rice, Broccoli,  
 Carrots & Green Onions


**22** 🍷🍷🍷🍷🍷🍷🍷🍷  
**Soup:** Tortilla  
**Salad:** Southwest  
**Entree:** Chicken Alfredo  
 Served with Green Salad  
 and Garlic Bread

**23** **Soup:** Beef Barley  
**Salad:** BBQ Chicken  
**Entree:** Beef or Turkey Burger  
Served on Brioche Bun or Protein Style  
w/ Tomato, Lettuce, Onion, Potato  
Wedges and Fresh Fruit

**24 Soup:** French Onion  
**Salad:** Asian Chicken Slaw  
**Entree:** Green Chicken  
Enchiladas  
Served with Refried Beans,  
Mexican Rice & Red Salsa

**25** **Soup:** Tortilla  
 Apple, Cheese & Fig Jam Panini  
 Assorted Salads and Boar's Head  
 Deli Meat Sandwiches

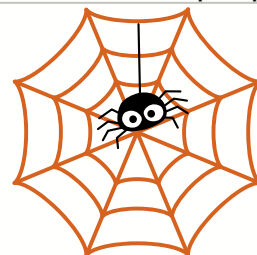


**28** **Soup:** Vegetable  
**Salad:** Balsamic Peach Chicken  
**Entree:** Breakfast for Lunch  
Potato, Sausage or Bacon Burrito  
Filled w/ Egg and Cheese  
Served w/ Iced Coffee 

**29 Soup:** Golden Squash  
**Salad:** Broccoli  
**Entree:** Open Faced Roast  
Beef Sandwich  
Mashed Potatoes & Gravy  
and Steamed Corn

**30 Soup:** Chicken Enchilada  
**Salad:** Chicken Pasta  
**Entree:** Caprese Chicken  
 w/ Mozzarella, Tomato, Basil  
 & Drizzle of Balsamic Served  
 w/ Rice Pilaf & Green Beans

**31 Soup:** Chicken & Rice  
**Salad:** Classic Mexican  
 Summer w/ Lime Dressing  
**Entree:** Arroz con Pollo  
 Steamed Vegetables  
 Served w/ a Hawaiian Roll



### Café Pricing:

**Soup Bowl: \$5.50**

**Soup Cup: \$4.00**

**Whole Sandwich: \$6.50**

**1/2 Sandwich: \$3.50**

**Regular Salad: \$6.50**

**Petite Salad: \$5.50**

**Soda, Water or Iced Tea: \$1.00**

**Chips: \$1.00**



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*This institution is an equal opportunity employer and provider.*

**All entrees are  
\$7.00 unless  
indicated.**

**Iced Tea or Spa Water  
Included with Purchase  
of an Entrée**