School

Breakfast and Lunch is Available to All GGUSD Students at No Charge!



Beginning in the 2021-2022 school year, GGUSD has the opportunity to participate in the federal Community Eligibility Provision (CEP), allowing the Food Service Department to serve meals at no costs to all students. Breakfast and lunch meals will be free of charge for all registered GGUSD students – regardless of family income, in accordance with this federal program.

A School Funding Data Collection form is to be completed annually to ensure your child's school gets the funding it deserves.

Please complete a paper form at your school site or online at **family.titank12.com**.

Breakfast		Lunch	
Staff/Adult/Sibling	\$2.70	Staff/Adult/Sibling	\$4.50
Extra Meal for GGUSD Student	\$1.75	Extra Meal for GGUSD Student	\$3.00
Staff/Adult/Sibling Milk	\$0.75	Staff/Adult/Sibling Milk	\$0.75
Student Milk	\$0.50	Student Milk	\$0.50





and of Icast
THREE items total
so your meal
counts as a
complete lunch!

LABOR DAY

NO SCHOOL

MONDAY, SEPTEMBER 6



The majority of grain products are Whole Grain or 51% Whole Wheat.

*= Food Contains Pork Menu Is Subject to Change.

September I

Breakfast

Bagel with Cream Cheese with Trix Yogurt

<u>Lunch</u>

Chicken Pretzel Hotdog Green Salad Seasoned Potato Wedges Fresh Apple Slices

September 2

Breakfast

Mini Chocolate Chip French Toast Bites with String Cheese

Lunch

Teriyaki Beef Dippers with Vegetable Fried Rice Green Salad Mixed Vegetables Chilled Fruit Cup

September 3

Breakfast

Pork Sausage Links* (2 pcs) with Mini Maple Pancakes & Syrup

Lunch

Turkey Taco Pocket Green Salad Baby Carrots Dried Fruit

September 7

Breakfast

Cinnamon Crumb Square with String Cheese

Lunch

Hamburger with Whole Wheat Bun Green Salad Seasoned Potato Wedges Chilled Fruit Cup

September 8

Breakfast

Bagel Cheese Pizza

<u>Lunch</u>

Papa John's Cheese or Pepperoni* Pizza Green Salad Baby Carrots Fresh Apple Slices

September 9

Breakfast

Mini Strawberry Pancakes with String Cheese

Lunch

Spaghetti with Meat Sauce & Cheesy Breadstick Green Salad Mixed Vegetables Chilled Fruit Cup

September 10

Breakfast

Waffle Battered Chicken Chunks (8 pcs) & Syrup

<u>Lunch</u>

Grilled Bean and Cheese Burrito Green Salad Baby Carrots Dried Fruit



September I3

Breakfast

Assorted Pan Dulce with Trix Yogurt

Lunch

Hamburger with Whole Wheat Bun Green Salad Yellow Corn Chilled Fruit Cup

September 14

Breakfast

Breakfast Turkey Sausage Pizza (2 pcs)

Lunch

Chicken Tenders (4 pcs) Green Salad Seasoned Potato Wedges Fresh Banana

September 15

Breakfast

Bagel with Cream Cheese with Trix Yogurt

Lunch

Papa John's Cheese or Pepperoni* Pizza Green Salad Baby Carrots Fresh Apple Slices

September 16

Breakfast

Mini Chocolate Chip French Toast Bites with String Cheese

Lunch

Orange Popcorn Chicken with Vegetable Fried Rice Green Salad Mixed Vegetables

September 17

Breakfast

Pork Sausage Links* (2 pcs) with Mini Maple Pancakes & Syrup

<u>Lunch</u>

Macaroni and Cheese Green Salad Baby Carrots Dried Fruit Chocolate Chip Cookie



Use your credit card on our <u>Titan</u>
Parent
Portal!

Go to

family.titank12.com and follow the directions.

A convenience fee is charged for each transaction.



September 20

Breakfast

Cinnamon Crumb Square with Trix Yogurt

Lunch

Chicken Pretzel Hotdog Green Salad Yellow Corn Chilled Fruit Cup

September 21

Breakfast

Bagel Cheese Pizza

Lunch

Beef Soft Taco (2 tacos) Green Salad Baby Carrots Fresh Banana

September 22

Breakfast

Trix Yogurt with Mini Chocolate Chip Muffin

Lunch

Papa John's Cheese or Pepperoni* Pizza Green Salad Baby Carrots Fresh Apple Slices

September 23

Breakfast

Mini Strawberry
Pancakes with String Cheese

Lunch

Chicken Tenders (4 pcs)
Green Salad
Tater Tots
Chilled Fruit Cup

September 24

Breakfast

Waffle Battered Chicken Chunks (8 pcs) & Syrup

<u>Lunch</u>

Breaded Chicken Drumstick Green Salad Baby Carrots Dried Fruit Dinner Roll Mini Chocolate Chip Muffin

NUTRITION 7050

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.

A QUICK BITE FOR PARENTS

September 27

Breakfast

Banana Bread Square with Trix Yogurt

<u>Lunch</u>

Pork Sausage Patties*(2)
with Slice of French
Toast (2)
Green Salad
Yellow Corn
Chilled Fruit Cup

September 28

Breakfast

Breakfast Turkey Sausage Pizza (2 pcs)

<u>Lunch</u>

Breaded Chicken Patty Sandwich Green Salad Seasoned Potato Wedges Fresh Banana

September 29

Breakfast

Bagel with Cream Cheese with Trix Yogurt

Lunch

Chicken Pretzel Hotdog Green Salad Seasoned Potato Wedges Fresh Apple Slices

September 30

Breakfast

Mini Chocolate Chip French Toast Bites with String Cheese

<u>Lunch</u>

Teriyaki Beef Dippers with Vegetable Fried Rice Green Salad Mixed Vegetables Chilled Fruit Cup

Available Paily

<u>Breakfast</u>

All breakfast meals are served with choices of fruit, 100% fruit juice, 1% low-fat white milk & fat-free chocolate milk.

<u>Lunch</u>

All lunch meals are served with choices from the fruits & vegetables from locally grown farms including dark green, red/orange, starchy vegetables & legumes, 100% fruit juice, 1% low-fat white milk or fat-free chocolate milk.

This institution is an equal opportunity provider.