

**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.

DON'T 4GET!
Take at least
ONE
FRUIT or
VEGGIE
and at least
THREE items total
so your meal
counts as a
complete lunch!


LABOR DAY
NO SCHOOL
MONDAY,
SEPTEMBER 6

SEPTEMBER 2021

Mark Twain Breakfast & Lunch Menu



September 1

Breakfast

Cereal with String Cheese

Lunch

Pork* and Cheese Tamale
Steamed Broccoli
Chilled Fruit

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

*= Food Contains Pork
Menu Is Subject to Change.

September 2

Breakfast

Yogurt with Chilled Fruit

Lunch

Teriyaki Beef Dippers (5 pcs) with
Mashed Potatoes
Chilled Fruit
Banana Muffin

September 3

Breakfast

Assorted Pan Dulce

Lunch

Turkey Taco Pocket
Refried Beans
Chilled Fruit

September 7

Breakfast

Yogurt with Chilled Fruit

Lunch

Hamburger with Whole Wheat Bun
Mashed Potatoes
Chilled Fruit

September 8

Breakfast

Banana Bread Square

Lunch

Sicilian Cheese Calzone
Steamed Carrots
Chilled Fruit

September 9

Breakfast

Cereal with String Cheese

Lunch

Spaghetti with Meat Sauce & Cheesy Breadstick
Steamed Broccoli
Chilled Fruit

September 10

Breakfast

Assorted Pan Dulce

Lunch

Quesarito
Steamed Green Peas
Chilled Fruit

Breakfast		Lunch	
Staff/Adult/Sibling	\$2.70	Staff/Adult/Sibling	\$4.50
Extra Meal for GGUSD Student	\$1.25	Extra Meal for GGUSD Student	\$2.00
Staff/Adult/Sibling Milk	\$0.75	Staff/Adult/Sibling Milk	\$0.75
Student Milk	\$0.50	Student Milk	\$0.50

For more information, visit our department website @ gardengrove.healtheliving.net.

September 13

Breakfast
Yogurt with Chilled Fruit

Lunch
Grilled Cheese Sandwich
Steamed Carrots
Chilled Fruit

September 14

Breakfast
Banana Bread Square

Lunch
Chicken Tenders (4 pcs)
Steamed Green Beans
Chilled Fruit

September 15

Breakfast
Cereal with String Cheese

Lunch
Turkey Sausage
Pizza (2 pcs)
Steamed Broccoli
Chilled Fruit

September 16


Breakfast
Yogurt with Chilled Fruit

Lunch
Orange Popcorn Chicken
Mashed Potatoes
Chilled Fruit
Banana Muffin

September 17


Breakfast
Assorted Pan Dulce

Lunch
Macaroni and Cheese
Steamed Green Peas
Chilled Fruit
Chocolate Chip Cookie



Use your credit card on our Titan Parent Portal!

Go to
family.titank12.com
and follow the directions.
A convenience fee is charged for



September 20

Breakfast
Yogurt with Chilled Fruit

Lunch
Penne Pasta with Meat Sauce
Steamed Broccoli
Chilled Fruit

September 21

Breakfast
Honey Oatmeal Bun

Lunch
Beef Taco Sandwich
Refried Beans
Chilled Fruit

September 22

Breakfast
Cereal with String Cheese

Lunch
Grilled Cheese Sandwich
Steamed Broccoli
Chilled Fruit

September 23


Breakfast
Yogurt with Chilled Fruit

Lunch
Chicken Tenders (4 pcs)
Mashed Potatoes
Chilled Fruit

September 24

Breakfast
Large Chocolate Chip Muffin

Lunch
Breaded Chicken Drumstick
Steamed Green Peas
Dinner Roll
Chilled Fruit



NUTRITION TO GO

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
Yogurt with Chilled Fruit

Lunch
Pork Sausage Patties* (2) with Slice of French Toast (1)
Steamed Carrots
Chilled Fruit

September 28

Breakfast
Honey Oatmeal Bun

Lunch
Breaded Chicken Patty Sandwich
Mashed Potatoes
Chilled Fruit

September 29

Breakfast
Cereal with String Cheese

Lunch
Pork* & Cheese Tamale
Steamed Broccoli
Chilled Fruit

September 30

Breakfast
Yogurt with Chilled Fruit

Lunch
Teriyaki Beef Dippers (5 pcs) with Mashed Potatoes
Banana Muffin
Chilled Fruit

Available Daily

Breakfast	Lunch
All breakfast meals are served with choices of fruit, 100% fruit juice, 1% low-fat white milk & fat-free chocolate milk.	All lunch meals are served with choices from the fruit & vegetable bar with produce 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.