

**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.

SEPTEMBER 2021

Preschool Breakfast & Lunch Menu

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



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

*= Food Contains Pork
Menu Is Subject to Change.

September 1

Breakfast

Bagel with Cream Cheese

Lunch

Chicken Corn Dog
Yellow Corn
Fresh Apple Slices

September 2

Breakfast

Mini Chocolate Chip French
Toast Bites

Lunch

Teriyaki Beef
Dippers (4 pcs) with
Vegetable Fried Rice
Mixed Vegetables
Chilled Fruit Cup

September 3

Breakfast

Pork Sausage Links* (2 pcs)
with Pancake & Syrup

Lunch

Turkey Taco Pocket
Kidney Beans
Dried Fruit

September 7

Breakfast

Cereal with String Cheese

Lunch

Hamburger with Whole
Wheat Bun
Baby Carrots
Chilled Fruit Cup

September 8

Breakfast

Bagel Cheese Pizza

Lunch

Sicilian Cheese Calzone
Yellow Corn
Fresh Apple Slices

September 9

Breakfast

Mini Strawberry
Pancakes

Lunch

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

September 10

Breakfast

Waffle Battered Chicken
Chunks (6 pcs) & Syrup

Lunch

Quesarito
Kidney Beans
Dried Fruit

LABOR DAY
NO SCHOOL
MONDAY,
SEPTEMBER 6

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

September 13

Breakfast
Cereal with String Cheese

Lunch
Hamburger
Yellow Corn
Chilled Fruit Cup

September 14

Breakfast
Breakfast Turkey Sausage Pizza

Lunch
Chicken Nuggets (5 pcs)
Baby Carrots
Fresh Banana

September 15

Breakfast
Bagel with Cream Cheese

Lunch
Cheese French Bread Pizza
Yellow Corn
Fresh Apple Slices

September 16

Breakfast
Mini Chocolate Chip French Toast Bites


Lunch
Orange Popcorn Chicken with Vegetable Fried Rice
Mixed Vegetables
Chilled Fruit Cup

September 17


Breakfast
Pork Sausage Links* (2 pcs) with Pancake & Syrup

Lunch
Macaroni and Cheese
Dried Fruit
Garbanzo Beans

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
Cereal with String Cheese

Lunch
Chicken Double Dogs
Yellow Corn
Fruit Cup

September 21

Breakfast
Bagel Cheese Pizza

Lunch
Beef Soft Taco
Baby Carrots
Fresh Banana

September 22

Breakfast
Trix Yogurt with Mini Chocolate Chip Muffin

Lunch
Cheesy Pull Apart Bread with Marinara Sauce Cup
Yellow Corn
Fresh Apple Slices

September 23

Breakfast
Mini Strawberry Pancakes

Lunch
Animal Shaped Chicken Nugget (3 pcs)
Tater Tots
Fruit Cup

September 24

Breakfast
Waffle Battered Chicken Chunks (6 pcs) & Syrup

Lunch
Grilled Cheese Sandwich
Dried Fruit
Garbanzo Beans

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
Cereal with String Cheese

Lunch
Pork Sausage Patties* (2) with Slice of French Toast (1)
Hash Brown (1)
Chilled Fruit Cup

September 28

Breakfast
Breakfast Turkey Sausage Pizza

Lunch
Breaded Chicken Patty Sandwich
Baby Carrots
Fresh Banana

September 29

Breakfast
Bagel with Cream Cheese

Lunch
Chicken Corn Dog
Yellow Corn
Fresh Apple Slices

September 30

Breakfast
Mini Chocolate Chip French Toast Bites

Lunch
Teriyaki Chicken with Vegetable Fried Rice
Mixed Vegetables
Chilled Fruit Cup

Available Daily

<p>Breakfast</p> <p>All breakfast meals are served with the choice of: fruit, 100% fruit juice, and 1% low-fat white milk.</p>	<p>Lunch</p> <p>All lunch meals are served with a variety of fruits and vegetables including: dark green, red/orange, starchy vegetables & legumes, and 1% low-fat white milk.</p>
---	---