

SEPTEMBER LUNCH MENUS GALAX MIDDLE/HIGH SCHOOL

OFFERED DAILY: FRESH SALAD BAR

CHOOSE 1: UNFLAVORED /FLAVORED
LOWFAT/NONFAT MILK
OFFERED DAILY WITH EACH OPTION

Thursday, SEPTEMBER 1

CHOOSE 1: CHICKEN FAJITA OR ENCHILADA
CHOOSE 1 OR 2: FAJITA VEGGIES, CORN,
REFRIED BEANS, LETTUCE, DICED TOMATOES,
SALSA, SOUR CREAM
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

Friday, SEPTEMBER 2

CHOOSE 1: HAMBURGER W/ CHEESE OR FISH
ON BUN
CHOOSE 1 OR 2: LETTUCE, TOMATOES, ONION,
PICKLES, FRENCH FRIES, BAKED BEANS
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

Monday, SEPTEMBER 5

CLOSED FOR LABOR DAY

Tuesday, SEPTEMBER 6

CHOOSE 1: TACO SALAD OR TURKEY/CHEESE
WRAP
CHOOSE 1 OR 2: LETTUCE, TOMATO, SALSA,
BLACK BEANS
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

Wednesday, SEPTEMBER 7

CHOOSE 1: CHEESESTICKS OR PEPPERONI PIZZA
CHOOSE 1 OR 2: CORN, SPINACH, DICED
TOMATOES, RED PEPPER STRIPS
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

Thursday, SEPTEMBER 8

CHOOSE 1: SALISBURY STEAK W/GRAVY OR
MEATLOAF W/ ROLL
CHOOSE 1 OR 2: CREAMED POTATOES, GREEN
BEANS, CARROTS
CHOOSE 1 OR 2: CANNED FRUIT OR FRESH
FRUIT

Friday, SEPTEMBER 9

CHOOSE 1: CORN DOG OR CHEESY PULL-A-
PARTS
CHOOSE 1 OR 2: SWEET POTATO FRIES,
CALIFORNIA BLEND VEGGIES, CUCUMBER
SLICES W/ RANCH
CHOOSE 1 OR 2: FRESH OR CANNED FRUIT.

Monday, SEPTEMBER 12

CHOOSE 1: CHICKEN FILLET OR HAM & CHEESE
ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, LETTUCE,
TOMATO, BROCCOLI
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Tuesday, SEPTEMBER 13

CHOOSE 1: CHEESE BITES OR BAKED POTATO
BAR W/ROLL
CHOOSE 1 OR 2 BROCCOLI, GREEN SALAD,
DICED TOMATOES, SOUR CREAM
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Wednesday, SEPTEMBER 14

CHOOSE 1: RIB OR TURKEY ON BUN
CHOOSE 1 OR 2: LETTUCE, TOMATO, TATER
TOTS, CORN ON COB
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Thursday, SEPTEMBER 15

CHOOSE 1: CHICKEN FRIES OR FISH STICKS W/
ROLL
CHOOSE 1 OR 2: CREAMED POTATOES,
CARROTS, BRUSSEL SPROUTS
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Friday, SEPTEMBER 16

CHOOSE 1: LASAGNE W/ BREADSTICK OR
PIZZABOLI
CHOOSE 1 OR 2: GREEN BEANS, SPINACH,
DICED TOMATOES
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Monday, SEPTEMBER 19

CHOOSE 1: MEATLOAF OR PULLED PORK
W/ROLL

CHOOSE 1 OR 2: SIDEWINDERS, PINTOS, SLAW

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Tuesday, SEPTEMBER 20

CHOOSE 1: HAMBURGER W/ CHEESE OR FISH
ON BUN

CHOOSE 1 OR 2: LETTUCE, TOMATO, ONION,
PICKLES, FRENCH FRIES, BAKED BEANS

CHOOSE 1 OR 2: PINEAPPLE, FRESH FRUIT

Wednesday, SEPTEMBER 21

CHOOSE 1: CHEESE OR PEPPERONI PIZZA

CHOOSE 1 OR 2: GREEN BEANS, SPINACH, DICED
TOMATOES, RED PEPPER STRIPS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Thursday, SEPTEMBER 22

CHOOSE 1: CHICKEN OR FISH STICKS W/ ROLL

CHOOSE 1 OR 2: CREAMED POTATOES,
CARROTS, SUGAR SNAP PEAS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Friday, SEPTEMBER 23

CHOOSE 1: BREADED CHEESE STICKS OR
PIZZABOLI

CHOOSE 1 OR 2: CAL. BLEND VEGGIES,
CUCUMBER SLICES

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Monday, SEPTEMBER 26

CHOOSE 1: BEEF OR CHICKEN TACO

CHOOSE 1 OR 2: CORN, REFRIED BEANS,
LETTUCE, DICED TOMATO, SALSA, SOUR CREAM

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Tuesday, SEPTEMBER 27

CHOOSE 1: CHICKEN TENDERS W/ROLL OR
SPICY CHEESY PULL-A-PART

CHOOSE 1 OR 2: TATER TOTS, CARROTS, PINTOS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Wednesday, SEPTEMBER 28

CHOOSE 1: TORTELLINI W/BREADSTICK OR
CALZONE

CHOOSE 1 OR 2: GREEN BEANS, SPINACH, DICED
TOMATOES, RED PEPPER STRIPS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Thursday, SEPTEMBER 29

CHOOSE 1: HOT DOG OR TURKEY & CHEESE ON
BUN

CHOOSE 1 OR 2: FRENCH FRIES, CHILI, SLAW,
BAKED BEANS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Friday, SEPTEMBER 30

CHOOSE 1: POPCORN CHICKEN OR FISH STICK
W/ROLL

CHOOSE 1 OR 2: CREAMED POTATOES,
CARROTS, BRUSSEL SPROUTS

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

3RD MEAL KITS

One of the following meal kits will be served daily.
(GHS students will also receive an Apple & Eve Juice)
There will milk provided in each meal.

CHICKEN TENDER BITES, HONEY ROASTED
SUNFLOWER KERNELS, MJM TIKE WHEAT CRACKERS,
CRAISINS, MANGO OR DRAGON 100% VEGETABLE
JUICE

BEEF STICKS, SWISS CHEESE PLANKS, CRAISINS,
HONEY GRAHAM CRACKERS, V-BLEND JUICE

PEPPERONI STICK, MOZZARELLA CHEDDAR PLANK,
PIZZA CRACKERS, CRAISINS, MANGO OR DRAGON
VEGETABLE JUICE

HONEY ROASTED SUNFLOWER KENNERLS, CHEDDAR
CHEESE CUP, TORTILLA STRIPS, SALSA, CRAISINS, V-8
JUICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

SEPTEMBER BREAKFAST MENUS GALAX MIDDLE/HIGH SCHOOL

OFFERED DAILY:

CHOOSE 1 OR 2: FRUIT CUP, FRESH FRUIT, OR 100% JUICE (ONLY ONE JUICE)

YOGURT OFFERED WITH EACH BREAKFAST ENTRÉE

ALL SMOOTHIES ARE SERVED WITH GRAHAM CRACKERS

CHOOSE 1: UNFLAVORED OR FLAVORED LOWFAT OR NONFAT MILK

GRAB & GO BREAKFAST OFFERED DAILY

Thursday, SEPTEMBER 1

CHOOSE 1: CHICKEN BISCUIT, CHOCOLATE CHIP MUFFIN OR SMOOTHIE
CEREAL

FRIDAY, SEPTEMBER 2

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL OR SMOOTHIE
CEREAL

MONDAY, SEPTEMBER 5

SCHOOL CLOSED
LABOR DAY

TUESDAY, SEPTEMBER 6

CHOOSE 1: SAUSAGE BISCUIT
BREAKFAST BITES OR SMOOTHIE
CEREAL

WEDNESDAY, SEPTEMBER 7

CHOOSE 1: STRAWBERRY CREAM CHEESE
BAGLE, GOODY RING OR SMOOTHIE
CEREAL

THURSDAY, SEPTEMBER 8

CHOOSE 1: HONEY BUN, MAPLE WAFFLES,
OR SMOOTHIE
CEREAL

FRIDAY, SEPTEMBER 9

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL OR SMOOTHIE
CEREAL

MONDAY, SEPTEMBER 12

CHOOSE 1: PANCAKE ON STICK, BB MUFFINS,
OR SMOOTHIE
CEREAL

TUESDAY, SEPTEMBER 13

CHOOSE 1: MINI CINN'S, BB WAFFELS,
OR SMOOTHIE
CEREAL

WEDNESDAY, SEPTEMBER 14

CHOOSE 1: FRENCH TOAST, SOFT
CTC CEREAL BAR, OR SMOOTHIE
CEREAL

THURSDAY, SEPTEMBER 15

CHOOSE 1: CINNAMON RUSH WAFFLE, SOFT
COCOA PUFF BAR, OR SMOOTHIE
CEREAL

FRIDAY, SEPTEMBER 16

CHOOSE 1: BREAKFAST PIZZA, APPLE
FRUDEL, OR SMOOTHIE
CEREAL

MONDAY, SEPTEMBER 19

CHOOSE 1: BISCUIT & GRAVY W/SAUSAGE
MAPLE PANCAKES, OR SMOOTHIE
CEREAL

TUESDAY, SEPTEMBER 20

CHOOSE 1: BREAKFAST ON A STICK,
BB MUFFIN, OR SMOOTHIE
CEREAL

WEDNESDAY, SEPTEMBER 21

CHOOSE 1: TRIPLE BERRY FRENCH TOAST,
CHOCOLATE CHIP MUFFIN OR SMOOTHIE
CEREAL

THURSDAY, SEPTEMBER 22

CHOOSE: SNACK n WAFFLE, MAPLE
HONEY BUN, OR SMOOTHIE
CEREAL

FRIDAY, SEPTEMBER 23

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

MONDAY, SEPTEMBER 26

CHOOSE 1: CHICKEN BISCUIT, GOODY RING,
OR SMOOTHIE
CEREAL

TUESDAY, SEPTEMBER 27

CHOOSE 1: BREAKFAST ON A STICK, BB MUFFIN
OR SMOOTHIE
CEREAL

WEDNESDAY, SEPTEMBER 28

CHOOSE 1: FRENCH TOAST, SOFT COCOA PUFF BAR,
OR SMOOTHIE
CEREAL

THURSDAY, SEPTEMBER 29

CHOOSE 1: BB SNACK N' WAFFLE, HONEY BUN
OR SMOOTHIE
CEREAL

FRIDAY, SEPTEMBER 30

CHOOSE 1: BREAKFAST PIZZA, APPLE FRUDEL,
OR SMOOTHIE
CEREAL

This Institution is an equal opportunity provider and employer.