

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

CHOOSE 1: UNFLAVORED OR FLAVORED LOWFAT OR NONFAT MILK

GRAB & GO BREAKFAST OFFERED DAILY

FRIDAY, SEPTEMBER 1

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDE
CEREAL

MONDAY, SEPTEMBER 4

SCHOOL CLOSED
LABOR DAY

TUESDAY, SEPTEMBER 5

CHOOSE 1: TRIPLE BERRY FRENCH TOAST
STRAWBERRY PARFAIT
CEREAL

WEDNESDAY, SEPTEMBER 6

CHOOSE 1: BISCUIT & GRAVY
CHOCOLATE CHIP MUFFIN
CEREAL

THURSDAY, SEPTEMBER 7

CHOOSE 1: SNACK N' WAFFLES
SNACK BUN
CEREAL

FRIDAY, SEPTEMBER 8

CHOOSE 1: BREAKFAST PIZZA
CHERRY FRUDEL
CEREAL

MONDAY, SEPTEMBER 11

CHOOSE 1: BLUEBERRY WAFFLE
GOODY RING
CEREAL

TUESDAY, SEPTEMBER 12

CHOOSE 1: SAUSAGE BISCUIT

CHOCOLATE CHIP MUFFIN
CEREAL

WEDNESDAY, SEPTEMBER 13

CHOOSE 1: FRENCH TOAST
STRAWBERRY BAGEL
CEREAL

THURSDAY, SEPTEMBER 14

CHOOSE 1: SAUSAGE NUGGET
BLUEBERRY MUFFIN
CEREAL

FRIDAY, SEPTEMBER 15

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

MONDAY, SEPTEMBER 18

CHOOSE 1: CINNAMON RUSH FRENCH TOAST
CHOCOLATE CHIP MUFFIN
CEREAL

TUESDAY, SEPTEMBER 19

CHOOSE 1: BISCUIT & GRAVY
BLUEBERRY MUFFIN
CEREAL

WEDNESDAY, SEPTEMBER 20

CHOOSE 1: CHOCOLATE DONUT
STRAWBERRY PARFAIT
CEREAL

THURSDAY, SEPTEMBER 21

CHOOSE: SNACK BUN
MAPLE WAFFLES
CEREAL

FRIDAY, SEPTEMBER 22

CHOOSE 1: BREAKFAST PIZZA
CHERRY FRUDEL
CEREAL

MONDAY, SEPTEMBER 25

CHOOSE 1: MINI CINN'S
BLUEBERRY WAFFLE
CEREAL

TUESDAY, SEPTEMBER 26

CHOOSE 1: CHICKEN BISCUIT
GOODY RING
CEREAL

WEDNESDAY, SEPTEMBER 27

CHOOSE 1: FRENCH TOAST
SOFT CTC CEREAL BAR
CEREAL

THURSDAY, SEPTEMBER 28

CHOOSE 1: CINNAMON SNACK N' WAFFLE
BLUEBERRY MUFFIN
CEREAL

FRIDAY, SEPTEMBER 29

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

This Institution is an equal opportunity provider and employer.

SEPTEMBER LUNCH MENUS GALAX MIDDLE/HIGH SCHOOL

OFFERED DAILY: FRESH SALAD BAR

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

Friday, SEPTEMBER 1

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

Monday, SEPTEMBER 4

CLOSED FOR LABOR DAY

Tuesday, SEPTEMBER 5

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

Wednesday, SEPTEMBER 6

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: CANNED OR FRESH FRUIT

Thursday, SEPTEMBER 7

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

Friday, SEPTEMBER 8

CHOOSE 1: BREADED CHEESE STICKS OR
PIZZABOLI
CHOOSE 1 OR 2: SWEET POTATO FRIES
CAL. BLEND VEGGIES, CUCUMBER SLICES
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Monday, SEPTEMBER 11

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 12

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 13

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 14

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

Friday, SEPTEMBER 15

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 18

CHOOSE 1: CHICKEN OR HAM & CHEESE ON
BUN
CHOOSE 1 OR 2: SWEET POTATO FRIES, GREEN
SALAD, DICED TOMATOES
CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Tuesday, SEPTEMBER 19

CHOOSE 1: MINI CORN DOG OR PEPPERONI PIZZA

CHOOSE 1 OR 2: GREEN BEANS, SWEET POTATOES, GREEN SALAD, DICED TOMATOES

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Wednesday, SEPTEMBER 20

CHOOSE 1: MEATLOAF OR PULLED PORK W/ROLL

CHOOSE 1 OR 2: SIDEWINDERS, PINTOS, SLAW

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Thursday, SEPTEMBER 21

CHOOSE 1: CHICKEN FAJITA OR ENCHILADA

CHOOSE 1 OR 2: CORN, FAJITA VEGGIES, REFRIED BEANS, LETTUCE, DICED TOMATOES, SALSA

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Friday, SEPTEMBER 22

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: CANNED OR FRESH FRUIT

Monday, SEPTEMBER 25

CHOOSE 1: CHICKEN OR FISH NUGGETS W/ROLL

CHOOSE 1 OR 2: TATER TOTS, CARROTS, CELERY,

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Tuesday, SEPTEMBER 26

CHOOSE 1: WALKING TACO OR HAM & CHEESE WRAP

CHOOSE 1 OR 2: LETTUCE, TOMATOES, BLACK BEAN, SALSA

CHOOSE 1 OR 2: CANNED OR FRESH FRUIT

Wednesday, SEPTEMBER 27

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 28

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 29

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

The following meal kits will be served daily.
(GHS students will also receive an V-Blend Cherry Star Juice)

There will milk provided in each meal.

Doritos, Beef Stick or Cheese Stick, Apple Slices, Carrots

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER