

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 (THIS INCLUDES A BAR, FRESH FRUIT OR JUICE, YOGURT AND MILK)

MONDAY, SEPTEMBER 2

SCHOOL CLOSED
LABOR DAY

TUESDAY, SEPTEMBER 3

CHOOSE 1: TRIPLE BERRY FRENCH TOAST
CINNAMON TOAST CRUNCH SOFT BAR
CEREAL

WEDNESDAY, SEPTEMBER 4

CHOOSE 1: CHICKEN BISCUIT
CHOCOLATE CHIP MUFFIN
CEREAL

THURSDAY, SEPTEMBER 5

CHOOSE 1: SNACK N' WAFFLES
SNACK BUN
CEREAL

FRIDAY, SEPTEMBER 6

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

MONDAY, SEPTEMBER 9

CHOOSE 1: BLUEBERRY WAFFLE
GOODY RING
CEREAL

TUESDAY, SEPTEMBER 10

CHOOSE 1: SAUSAGE NUGGET
CHOCOLATE CHIP MUFFIN
CEREAL

WEDNESDAY, SEPTEMBER 11

CHOOSE 1: BISCUIT & GRAVY
BLUEBERRY MUFFIN
CEREAL

THURSDAY, SEPTEMBER 12

CHOOSE 1: FRENCH TOAST
STRAWBERRY BAGEL
CEREAL

FRIDAY, SEPTEMBER 13

CHOOSE 1: BREAKFAST PIZZA
CINNAMON ROLL
CEREAL

MONDAY, SEPTEMBER 16

CHOOSE 1: CINNAMON RUSH FRENCH TOAST
CHOCOLATE CHIP MUFFIN
CEREAL

TUESDAY, SEPTEMBER 17

CHOOSE 1: STRAWBERRY PARFAIT
CHOCOLATE DONUT
CEREAL

WEDNESDAY, SEPTEMBER 18

CHOOSE 1: SAUSAGE BISCUIT
GOODY RING
CEREAL

THURSDAY, SEPTEMBER 19

CHOOSE: SNACK BUN
MAPLE WAFFLES
CEREAL

FRIDAY, SEPTEMBER 20

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

MONDAY, SEPTEMBER 23

CHOOSE 1: MINI CINN'S
BLUEBERRY WAFFLE
CEREAL

TUESDAY, SEPTEMBER 24

CHOOSE 1: FRENCH TOAST
SOFT CTC CEREAL BAR
CEREAL

WEDNESDAY, SEPTEMBER 25

CHOOSE 1: BISCUIT & GRAVY
SNACK BUN
CEREAL

THURSDAY, SEPTEMBER 26

CHOOSE 1: CINNAMON SNACK N' WAFFLE
BLUEBERRY MUFFIN
CEREAL

FRIDAY, SEPTEMBER 27

CHOOSE 1: BREAKFAST PIZZA
CINNAMON ROLL
CEREAL

MONDAY, SEPTEMBER 28

CHOOSE 1: GOODY RING
MAPLE PANCAKES
CEREAL

TUESDAY, SEPTEMBER 29

CHOOSE 1: TRIPLE BERRY FRENCH TOAST
STRAWBERRY PARFAIT
CEREAL

WEDNESDAY, SEPTEMBER 30

CHOOSE 1: CHICKEN BISCUIT
CHOCOLATE CHIP MUFFIN
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

Monday, SEPTEMBER 2

CLOSED FOR LABOR DAY

Tuesday, SEPTEMBER 3

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: TROPICAL FRUIT, FRESH FRUIT

Wednesday, SEPTEMBER 4

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

Thursday, SEPTEMBER 5

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

Friday, SEPTEMBER 6

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

Monday, SEPTEMBER 9

CHOOSE 1: CHICKEN QUESADILLA OR BEAN
BURRITO
CHOOSE 1 OR 2: CORN, REFRIED BEANS,
LETTUCE, DICED TOMATO, SALSA, SOUR CREAM
CHOOSE 1 OR 2: MANGO, FRESH FRUIT

Tuesday, SEPTEMBER 10

CHOOSE 1; TORTELLINI W/BREAD STICK OR
CALZONE
CHOOSE 1 OR 2: GREEN BEANS, RED PEPPER
STRIPS, SPINACH, DICED TOMATOES
CHOOSE 1 OR 2: TROPICAL FRUIT, FRESH FRUIT

Wednesday, SEPTEMBER 11

CHOOSE 1: CHICKEN TENDERS W/ROLL OR
SPICY CHEESY PULL-A-PART
CHOOSE 1 OR 2: TATER TOTS, CARROTS, PINTOS
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH
FRUIT

Thursday, SEPTEMBER 12

CHOOSE 1: HOT DOG ON W/G BUN OR TURKEY
& CHEESE ON W/G BUN
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS,
CHILI, SLAW
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

Friday, SEPTEMBER 13

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS
W/ROLL
CHOOSE 1 OR 2: BABY BAKERS, CARROTS,
BRUSSEL SPROUTS
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

Monday, SEPTEMBER 16

CHOOSE 1: SPICY CHICKEN OR HAM & CHEESE
ON BUN
CHOOSE 1 OR 2: SWEET POTATO FRIES,
CALIFORNIA BLEND VEGGIES, CARROTTINES
CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

Tuesday, SEPTEMBER 17

CHOOSE 1: MINI CORN DOG OR PEPPERONI
PIZZA
CHOOSE 1 OR 2: GREEN BEANS, SWEET
POTATOES, GREEN SALAD, DICED TOMATOES
CHOOSE 1 OR 2: TROPICAL FRUIT, FRESH FRUIT

Wednesday, SEPTEMBER 18

CHOOSE 1: GENERAL TSO'S OR MANDRIAN
ORANGE CHICKEN
CHOOSE 1 OR 2: FRIED RICE, BROCCOLI,
CARROTS
CHOOSE 1 OR 2: PINEAPPLE TIDBITS OR FRESH
FRUIT

Thursday, SEPTEMBER 19

CHOOSE 1: BISCUIT & GRAVY OR FRENCH TOAST
STICKS
CHOOSE 1 OR 2: SAUSAGE, SCRAMBLED EGGS
CHOOSE 1 OR 2: BAKED APPLES, FRESH FRUIT

Friday, 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: PEACHES, FRESH FRUIT

Monday, SEPTEMBER 23

CHOOSE 1: CHICKEN OR FISH NUGGETS W/ROLL
CHOOSE 1 OR 2: TATER TOTS, CARROTS,
CELERY,
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

Tuesday, SEPTEMBER 24

CHOOSE 1: WALKING TACO OR HAM & CHEESE
WRAP
CHOOSE 1 OR 2: LETTUCE, TOMATOES, BLACK
BEAN, SALSA
CHOOSE 1 OR 2: MANGO, FRESH FRUIT

Wednesday, SEPTEMBER 25

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

Thursday, SEPTEMBER 26

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

Friday, SEPTEMBER 27

CHOOSE 1: CORN DOG OR CHEESY PULL A-PART
CHOOSE 1 OR 2: SWEET POTATO FRIES,
CALIFORNIA BLEND VEGGIES, CUCUMBER
SLICES
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH
FRUIT

Monday, SEPTEMBER 28

CHOOSE 1: MEATLOAF OR PULLED PORK
W/ROLL
CHOOSE 1 OR 2: SIDEWINDERS, PINTOS, SLAW
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

Tuesday, SEPTEMBER 29

CHOOSE 1: PEPPERONI OR CHEESE PIZZA
CHOOSE 1 OR 2: GREEN BEANS, RED PEPPER
STRIPS, SPINACH, DICED TOMATOES
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH
FRUIT

Wednesday, SEPTEMBER 30

CHOOSE 1: HAMBURGER W/CHEESE OR FISH
ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS,
LETTUCE, TOMATO, PICKLE CHIPS, ONIONS
CHOOSE 1 OR 2: PEARS, 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

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