



September GBS Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day Cereal & Milk 3 Yogurt & Cereal bars 4 Hot dog with bun Carrots Apples Graham crackers w/ Cream Cheese	Cereal & Milk 4 Bagels w/ cream cheese & Milk 11 Beef Fried Rice Green Beans Pineapple Crackers & Cheese	Cereal & Milk 5 Cereal & Milk 12 Waffles & Sausage Cucumbers Peaches Goldfish & Fresh fruit	Pancakes & Milk 6 Muffins & Milk 13 Spaghetti with meatballs Peas Apples Fresh Fruit & Yogurt	Cereal & Milk 7 Cereal & Milk 14 Chicken Quesadilla Black Beans Fruit Mix Cheese its & Fresh Fruit
Cereal & Milk 10 Chicken w/ tortilla chips & Cheese Black beans Banana Trail Mix & Milk	Cereal & Milk 11 French Toast sticks& Milk 18 Meatballs & Rice w/ gravy Broccoli Cantaloupe Graham crackers & fruit snacks	Cereal & Milk 12 Cereal & Milk 19 Cheeseburger with bun Carrots Oranges Granola bars & milk	Cheese toast & Milk 20 Turkey & Mashed Potatoes w/ Gravy Peas Apples Cheez-Its & Fresh Fruit	Cereal & Milk 14 Cereal & Milk 21 Pizza Cucumbers Grapes Fresh Fruit & Vanilla Wafers
Cereal & Milk 17 Cheesy chicken Ziti Mixed Veggies Banana Tortilla chips & Cheese sticks	Cereal & Milk 18 Waffles & Milk 25 Ham & Cheese Croissant Cucumber Grapes Vanilla wafers & fresh fruit	Cereal & Milk 19 Cereal & Milk 26 Chicken Fried Rice Green Beans Pears Fresh fruit & Crackers	Cheese toast & Milk 20 Turkey & Mashed Potatoes w/ Gravy Peas Apples Cheez-Its & Fresh Fruit	Cereal & Milk 21 Cereal & Milk 28 Meatball Subs Carrots Apples Cheese its & Fresh fruit
Cereal & Milk 24 Chicken Nuggets & Hashbrowns Broccoli Applesauce Oranges & Cheese Sticks	Cereal & Milk 25 Waffles & Milk 25 Ham & Cheese Croissant Cucumber Grapes Vanilla wafers & fresh fruit	Cereal & Milk 26 Cereal & Milk 26 Chicken Fried Rice Green Beans Pears Fresh fruit & Crackers	Yogurt & Cereal Bars Twisty Noodles w/ Chicken & O&G Mixed Veggies Pineapple Rice Krispie Treats & Milk	Cereal & Milk 28 Cereal & Milk 28 Meatball Subs Carrots Apples Cheese its & Fresh fruit

*Milk is provided with all lunches

*Menu items may be subject to change due to availability

*Water is served with afternoon snack, unless otherwise noted