



# October 2018 Junior School Menu on the Main Course



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01 Breakfast</b> French Toast Sticks Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Mini Chicken Corn Dogs	<b>02 Breakfast</b> Cheese & Chicken Sausage Quesadilla Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Chicken Parm. w/Spaghetti & Marinara Sauce Turkey Chef Salad & Roll	<b>03 Breakfast</b> Scr. Eggs w/Ham & Cheese, Hash Brown Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Chili Cheese Baked Potato with Breadstick	<b>04 National Taco Day!</b> <b>Breakfast</b> Blueberry Muffin Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Walking Taco</b> Buffalo Chicken Salad & Roll	<b>05 Breakfast</b> Sausage Cheese Biscuit Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Chicken Fried Rice
<b>08</b> <b>Student Holiday</b> <b>Staff Development Day</b>	<b>09 Breakfast</b> Glazed Cinnamon Roll Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Chicken Mashed Potato Bowl with Breadstick Chicken & Cheese Salad/Roll	<b>10 Breakfast</b> Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Jumbo Cheese Ravioli with Marinara Sauce & Breadstick	<b>11 Breakfast</b> Bacon Egg & Cheese Breakfast Tacos Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Beef, Cheddar & Refried Bean Flatbread Taco w/ Veggie Salsa Bean Nacho Salad & Roll	<b>12 Breakfast</b> Mini Strawberry Cream Cheese Bagels Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Cajun Chili Fries Bowl with Breadstick
<b>15 FUEL WEEK!</b> <b>Breakfast</b> Waffles & Syrup Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Atomic Burger</b> <b>Backyard Burger</b>	<b>16 FUEL WEEK!</b> <b>Breakfast</b> Sausage & Cheese Biscuit Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Atomic Burger</b> <b>Backyard Burger</b> All-American Cobb Salad/Roll	<b>17 FUEL WEEK!</b> <b>Breakfast</b> Scr. Eggs w/Sausage & Cheese, Hash Brown Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Atomic Burger</b> <b>Backyard Burger</b>	<b>18 FUEL WEEK!</b> <b>Breakfast</b> Powdered Sugar Donut Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Atomic Burger</b> <b>Backyard Burger</b> Turkey & Cheese Salad with Roll	<b>19 FUEL WEEK!</b> <b>Breakfast</b> Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Atomic Burger</b> <b>Backyard Burger</b>
<b>22 Breakfast</b> Frosted Strawberry Poptart Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Pittsburgh Style Chicken Sandwich	<b>23 Breakfast</b> Cheesy Ham, Egg & Potato Bite Tacos Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>Discovery Day!</b> Rotini w/Italian Meat Sauce Ham Chef Salad & Roll	<b>24 Breakfast</b> Scr. Eggs w/Cheese & Bacon, Hash Brown Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Chicken Mashed Potato Bowl with Breadstick	<b>25 Breakfast</b> Chicken & Maple Syrup Waffle Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Mini Chicken Corn Dogs Chicken Nacho Salad w/Roll	<b>26 Breakfast</b> Mini Cinnamon Rolls Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Breaded Fish Bites w/Mac & Cheese
<b>29 Breakfast</b> Country Chicken Biscuit Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Cheese Pizza Sticks with Marinara Sauce	<b>30 Breakfast</b> Glazed Donut Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Tater Bite Beef Nachos w/ Tortilla Tossed Salad w/Cheese & Roll	<b>31 Breakfast</b> Chocolate Chip Muffin Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> <b>ICE CREAM DAY!</b> Chicken & Spicy Maple Cinnamon Waffled	<b>NOV. 01 Breakfast</b> Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals <b>Lunch</b> Ranch Chicken Flatbread Popcorn Chicken Salad w/Roll	<b>02</b> <b>Student Holiday</b> <b>Staff Development Day</b>

## TIME IS RUNNING OUT!

You **MUST** complete a new application for free or reduced-price meals for this school year by **October 5** or your student will go on paid status!



To complete a new application, go to

[www.gccisd.net](http://www.gccisd.net)

and look under the Parents section.

You can also request a paper application from your school office or cafeteria.

	<b>Breakfast</b>	<b>Lunch</b>
Full Price	FREE	\$2.10
Reduced Price	FREE	\$0.40
Adult Price	\$2.50	\$2.85

*Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at [www.gccisd.net](http://www.gccisd.net) under Nutrition Services*

Children may be eligible for free or reduced meals depending upon family size and income standards. Find out by visiting Nutrition Services at [www.gccisd.net](http://www.gccisd.net) OR visit us at 2200 Market St., Baytown OR call 281-420-4640.

All menus conform to TDA and USDA standards that regulate the nutritional analysis of these servings. Nutritional analysis are calculated on a week-to-week basis. The GCCISD Child Nutrition Department is committed to helping promote the well-being of students today and tomorrow. **USDA is an equal opportunity provider and employer.**



CONSOLIDATED  
INDEPENDENT  
SCHOOL DISTRICT