



October 2018 High School Menu at the Home Zone



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

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

and look under the Parents section.

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

	Breakfast	Lunch	
Full Price	FREE	\$2.10	<i>Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at www.gccisd.net under Nutrition Services</i>
Reduced Price	FREE	\$0.40	
Adult Price	\$2.50	\$2.85	

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 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