



October 2018

IMPACT, Peter E. Hyland & Stuart Career Tech High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Breakfast French Toast Sticks Fruit, Juice, Milk Assorted Cereals Lunch Mini Chicken Corn Dogs Turkey Chef Salad Hamburger/Cheeseburger	02 Breakfast Cheese & Chicken Sausage Quesadilla Fruit, Juice, Milk Assorted Cereals Lunch Chicken Parmesan with Spaghetti & Sauce Spicy Chicken Sandwich Beef Taco Tostitos	03 Breakfast Scr. Eggs w/Ham & Cheese, Hash Brown Fruit, Juice, Milk Assorted Cereals Lunch Chili Cheese Baked Potato Ham & Cheese Sub Chicken Tenders	04 National Taco Day! Breakfast Blueberry Muffin Fruit, Juice, Milk Assorted Cereals Lunch Walking Taco Spicy Chicken Sandwich Cheese or Pepperoni Pizza	05 Breakfast Sausage Cheese Biscuit Fruit, Juice, Milk Assorted Cereals Lunch Chicken Fried Rice Tossed Salad with Cheese Hamburger/Cheeseburger
08 Student Holiday Staff Development Day	09 Breakfast Glazed Cinnamon Roll Fruit, Juice, Milk Assorted Cereals Lunch Chicken Mashed Potato Bowl with Breadstick Hamburger/Cheeseburger Chicken Taco Tostitos	10 Breakfast Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals Lunch Jumbo Cheese Ravioli with Marinara Sauce Ham, Turkey & Cheese Wrap Spicy Chicken Sandwich	11 Breakfast Bacon Egg & Cheese Breakfast Tacos Fruit, Juice, Milk Assorted Cereals Lunch Cheese or Pepperoni Pizza Spicy Chicken Sandwich Chicken Taco Tostitos	12 Breakfast Mini Strawberry Cream Cheese Bagels Fruit, Juice, Milk Assorted Cereals Lunch Cajun Chili Fries Bowl Chicken & Cheese Salad Chicken Tenders
15 Breakfast Waffles & Syrup Fruit, Juice, Milk Assorted Cereals Lunch FUEL WEEK! Atomic Burger Backyard Burger Country Fried Steak with Beef Gravy & Roll All-American Cobb Salad Beef Taco Tostitos	16 Breakfast Sausage & Cheese Biscuit Fruit, Juice, Milk Assorted Cereals Lunch FUEL WEEK! Atomic Burger Backyard Burger Popcorn Chicken w/Garlic Chili Sauce & White Rice Spicy Chicken Sandwich	17 Breakfast Scr. Eggs w/Sausage & Cheese, Hash Brown Fruit, Juice, Milk Assorted Cereals Lunch FUEL WEEK! Atomic Burger Backyard Burger Baked Lasagna Turkey & Cheese Sub Chicken Tenders	18 Breakfast Powdered Sugar Donut Fruit, Juice, Milk Assorted Cereals Lunch Cheese or Pepperoni Pizza Spicy Chicken Sandwich Beef Taco Tostitos	19 Breakfast Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals Lunch FUEL WEEK! Atomic Burger Backyard Burger Beef and Bean Rice Bowl Chicken Chef Salad
22 Breakfast Frosted Strawberry Poptart Fruit, Juice, Milk Assorted Cereals Lunch Pittsburgh Style Chicken Sandwich Ham Chef Salad Chicken Taco Tostitos	23 Breakfast Cheesy Ham, Egg & Potato Bite Tacos Fruit, Juice, Milk Assorted Cereals Lunch Discovery Day! Rotini w/Italian Meat Sauce Hamburger/Cheeseburger Chicken Tenders	24 Breakfast Scr. Eggs w/Cheese & Bacon, Hash Brown Fruit, Juice, Milk Assorted Cereals Lunch Chicken Mashed Potato Bowl BBQ Chicken Cheddar Wrap Spicy Chicken Sandwich	25 Breakfast Chicken & Maple Syrup Waffle Fruit, Juice, Milk Assorted Cereals Lunch Cheese or Pepperoni Pizza Chicken Taco Tostitos Hamburger/Cheeseburger	26 Breakfast Mini Cinnamon Rolls Fruit, Juice, Milk Assorted Cereals Lunch Fish Bites w/Mac & Cheese Buffalo Bleu Popcorn Chicken Salad Chicken Tenders
29 Breakfast Country Chicken Biscuit Fruit, Juice, Milk Assorted Cereals Lunch Cheese Pizza Sticks with Marinara Sauce Popcorn Chicken Salad/Roll Hamburger/Cheeseburger	30 Breakfast Glazed Donut Fruit, Juice, Milk Assorted Cereals Lunch Spicy Chicken Sandwich Ranch Chicken Flatbread Beef Taco Tostitos	31 Breakfast Chocolate Chip Muffin Fruit, Juice, Milk Assorted Cereals Lunch ICE CREAM DAY! All-American Sub Hot Dog on Bun Chicken & Spicy Maple Cinnamon Waffle	NOV. 01 Breakfast Sausage Breakfast Pizza Fruit, Juice, Milk Assorted Cereals Lunch Cheese or Pepperoni Pizza Hamburger/Cheeseburger Beef Taco Tostitos	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	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
Full Price	FREE	\$2.10	
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