

October 2017
 Breakfast & Lunch Menu
 IMPACT Early College
 Stuart Career Technical High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 BREAKFAST: Strawberry Pop Tart String Cheese Cereals, Fruit, More LUNCH: Mini Chicken Corn Dogs Chicken Caesar Salad Assorted Grill Beef Nachos or Bowl	03 BREAKFAST: Blueberry Muffin Cereals, Fruit, More LUNCH: Rotini w/Italian Meat Sauce Turkey Wrap Assorted Grill Chicken Nachos or Bowl	04 BREAKFAST: Scram. Eggs w/Ham & Cheese, Hash Brown Cereals, Fruit, More LUNCH: Broccoli & Cheese Baker Ham & Turkey Chef Salad Assorted Grill Beef Nachos or Bowl	05 BREAKFAST: Honey Sriracha Glazed Donut Cereals, Fruit, More LUNCH: Grape Chicken Salad Sub Assorted Grill Chicken Nachos or Bowl Assorted Pizzas	06 BREAKFAST: Sausage Breakfast Pizza Cereals, Fruit, More LUNCH: Popcorn Chicken w/Garlic Chili Sauce & Rice Egg Chef Salad Assorted Grill Beef Nachos or Bowl
09 Student Holiday Staff Development Day	10 BREAKFAST: Glazed Cinnamon Roll Cereals, Fruit, More LUNCH: Chicken Mashed Potato Bowl Ham & Cheese Sub Assorted Grill Beef Nachos or Bowl	11 BREAKFAST: Cheesy Ham, Egg, Potato Bite Taco Cereals, Fruit, More LUNCH: Tater Bite Nachos w/Tortilla All-American Cobb Salad Assorted Grill Chicken Nachos or Bowl	12 BREAKFAST: Scram. Eggs w/Sausage, Cheese & Hash Brown Cereals, Fruit, More LUNCH: Turkey & Cheese Wrap Assorted Grill Beef Nachos or Bowl Assorted Pizzas	13 BREAKFAST: Chicken & Spicy Maple Cinnamon Waffle Cereals, Fruit, More LUNCH: Cajun Chili Fries Bowl Buffalo Ranch Popcorn Chicken Salad Assorted Grill Chicken Nachos or Bowl
16 BREAKFAST: Sausage Breakfast Pizza Cereals, Fruit, More LUNCH: Chick N' Cheese Griller Steak N' Cheese Griller Turkey Chef Salad Assorted Grill Beef Nachos or Bowl	17 Discovery Day! BREAKFAST: Scram. Eggs w/Bacon, Cheese & Hash Brown Cereals, Fruit, More LUNCH: Chick N' Cheese Griller Steak N' Cheese Griller Santa Fe Turkey Wrap Assorted Grill Chicken Nachos or Bowl	18 BREAKFAST: Bacon, Egg & Cheese Breakfast Melt Cereals, Fruit, More LUNCH: Chick N' Cheese Griller Steak N' Cheese Griller Tossed Salad with Cheese Assorted Grill Beef Nachos or Bowl	19 BREAKFAST: Chocolate Chip Muffin Cereals, Fruit, More LUNCH: Tuna Salad Sub Assorted Pizzas Assorted Grill Chicken Nachos or Bowl	20 BREAKFAST: Glazed Cinnamon Roll Cereals, Fruit, More LUNCH: Chick N' Cheese Griller Steak N' Cheese Griller Chicken Chef Salad Assorted Grill Beef Nachos or Bowl
23 BREAKFAST: Powdered Sugar Donut Cereals, Fruit, More LUNCH: Meatloaf w/Marinara Sauce Chicken & Cheese Salad Assorted Grill Chicken Nachos or Bowl	24 BREAKFAST: Cheese & Chicken Sausage Quesadilla Cereals, Fruit, More LUNCH: Chicken Mash. Potato Bowl Ham & Cheese Sub Assorted Grill Beef Nachos or Bowl	25 BREAKFAST: Scram. Eggs w/Cheese, Hash Brown Patty Cereals, Fruit, More LUNCH: Mini Corn Dogs Italian Salad w/Ham Assorted Grill Chicken Nachos or Bowl	26 BREAKFAST: Chicken & Maple Syrup Waffle Sandwich Cereals, Fruit, More LUNCH: Turkey & Cheese Wrap Assorted Pizzas Assorted Grill Beef Nachos or Bowl	27 BREAKFAST: Blueberry Muffins Cereals, Fruit, More LUNCH: Chili Cheese Baked Potato Chicken Salad Assorted Grill Chicken Nachos or Bowl
30 BREAKFAST: Sausage Breakfast Pizza Cereals, Fruit, More LUNCH: Spaghetti w/Meatballs Turkey Chef Salad Assorted Grill Beef Nachos or Bowl	31 BREAKFAST: Maple Glazed Bacon Donut Cereals, Fruit, More LUNCH: Fish Sticks w/Mac & Cheese Turkey & Cheese Sub Assorted Grill Chicken Nachos or Bowl	New GRILLERS Oct. 16-20 !!   Chick N' Cheese  Steak N' Cheese		Discovery Day is Oct. 17 Sample fresh Texas produce! Kale & Oranges

TIME IS RUNNING OUT!!

**If your child received
 free or reduced price meals last
 year, you MUST complete a new ap-
 plication by October 13!**



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
Student Full Price	FREE	\$2.10
Reduced Price	FREE	\$0.40
Adult Price	\$2.40	\$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

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.**

