




CONSOLIDATED
INDEPENDENT
SCHOOL DISTRICT

ENGAGE
INSPIRE
EMPOWER

September 2019 Junior Schools Menu on the MAIN COURSE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 02 LABOR DAY School holiday | 03 Breakfast Vanilla Glazed Donut Lunch Tater Bite Beef Nachos Tossed Salad with Cheese | 04 Breakfast Chocolate Chocolate Chip Muffin Lunch Chicken & Spicy Maple Cinnamon Waffle | 05 Breakfast Sausage Breakfast Pizza Lunch Ranch Chicken Flatbread Popcorn Chicken Salad | 06 Breakfast Egg, Bacon & Cheddar Flatbread Sandwich Lunch Spaghetti Carbonara |
| 09 Breakfast French Toast Sticks Lunch Chicken Hang Time Basket | 10 Taste it Tuesday! Breakfast Cheese & Chicken Sausage Quesadilla Lunch Penne Alfredo with Chicken Turkey Chef Salad | 11 Breakfast Scrambled Eggs with Ham & Cheese with Hashbrowns & Toast Lunch Chili Cheese Baked Potato | 12 Breakfast Blueberry Muffin Lunch Chicken Fried Rice Buffalo Chicken Salad | 13 Breakfast Sausage & Cheese Biscuit Lunch Beef Fingers |
| 16 Breakfast Blueberry Pop Tart with String Cheese Lunch FUEL WEEK! Spicy Popcorn Chicken with Sweet Potato Tots & BBQ Creme Breaded Fish Melt | 17 Breakfast Glazed Cinnamon Roll Lunch FUEL WEEK! Spicy Popcorn Chicken with Sweet Potato Tots & BBQ Creme Chicken Mashed Potato Bowl Chicken & Cheese Salad | 18 Breakfast Sausage Breakfast Pizza Lunch FUEL WEEK! Spicy Popcorn Chicken with Sweet Potato Tots & BBQ Creme Fiery Cheetos Mac & Cheese | 19 Breakfast Bacon, Egg & Breakfast Tacos Lunch FUEL WEEK! Spicy Popcorn Chicken with Sweet Potato Tots & BBQ Creme Beef & Bean Taco Flatbread Kickin' Bean Nacho Salad | 20 NO SCHOOL Staff Development Day |
| 23 Breakfast Waffles Lunch Country Fried Steak | 24 Breakfast Sausage & Cheese Biscuit Lunch Popcorn Chicken with Garlic Chili Sauce All-American Cobb Salad | 25 Breakfast Scrambled Eggs with Sausage & Cheese with Hashbrowns & Toast Lunch Backyard Burger | 26 Breakfast Powdered Sugar Donut Lunch Baked Lasagna Turkey & Cheese Salad | 27 ICE CREAM DAY! Breakfast Sausage Breakfast Pizza Lunch BBQ Meatball Sub  |

PARENTS – PLEASE COMPLETE A NEW MEAL APPLICATION

If your child received free or reduced-price meals last year, you **MUST** complete a new application by **September 26**.

To complete a new application, go to

www.gccisd.net

and click on **Menus**,

then **Free & Reduced Lunch Application**. You can also request a paper application from your school office or cafeteria.

| | Breakfast | Lunch |
|---------------|------------------|--------------|
| Full Price | FREE | \$1.90 |
| 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 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 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.

