

May/June 2021

Junior High on the Main Course

All meals come with fruit, vegetables and juice or milk.



<p>03 Breakfast: Mini Strawberry Bagel or Lucky Charms Lunch: Orange Chicken w/ White Rice; Spicy Chicken Sandwich; or Beef Nacho Salad w/ Roll; Broccoli; Roasted Sweet Potato; Pears Salad of the Day: Beef Nacho Salad</p>	<p>04 Breakfast: Cinnamon Pop-Tart with Yogurt or Cocoa Puffs Lunch: Tater Tot Nachos; Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>05 Cinco De Mayo Breakfast: Sausage & Cheese Biscuit or Cinnamon Toast Crunch Lunch: Hang Time Basket; Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>06 Breakfast: Vanilla Glazed Doughnut or Lucky Charms Lunch: Meatballs & Gravy over Mashed Potatoes; Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<p>07 Breakfast: Ham, Egg, Cheese Pancake Melt or Cinnamon Toast Crunch Lunch: Chicken and Spicy Maple Waffle Sandwich; Fruits & Vegetables; Salad of the Day: Vegetarian Egg & Cheese Salad</p>
<p>10 Breakfast: Chocolate-Chocolate chip Muffin & Yogurt or Lucky Charms Lunch: FUEL: Jerk Chicken Wrap Fruits & Vegetables; Salad of the Day: Beef Nacho Salad</p>	<p>11 Breakfast: Bacon, Egg & Cheese Biscuit or Cocoa Puffs Lunch: FUEL: Jerk Chicken Wrap Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>12 Breakfast: Blueberry Yogurt Parfait with Bug Bites or Cinnamon Toast Crunch Lunch: FUEL: Jerk Chicken Wrap Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>13 Breakfast: Cinnamon Roll or Lucky Charms Lunch: FUEL: Jerk Chicken Wrap Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<p>14 Breakfast: Mini Pancake Bites or Cocoa Puffs Lunch: FUEL: Jerk Chicken Wrap Fruits & Vegetables; Salad of the Day: Vegetarian Egg & Cheese Salad</p>
<p>17 Breakfast: Strawberry Pop-Tart with String Cheese or Cinnamon Toast Crunch Lunch: Chili Cheese Dog on Pretzel Bun; Fruits & Vegetables; Salad of the Day: Beef Nacho Salad</p>	<p>18 Breakfast: Breakfast Pizza or Lucky Charms Lunch: Chicken Mashed Potato Bowl; Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>19 Breakfast: Vanilla Glazed Doughnut or Cocoa Puffs Lunch: Beef, Bean & Cheese Burrito; Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>20 Breakfast: Bacon, Egg & Cheese Burrito or Cinnamon Toast Crunch Lunch: Lasagna; Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<p>21 Breakfast: Cinnamon Toast Crunch Soft Filled Bar or Lucky Charms Lunch: Fish Sandwich; Fruits & Vegetables; Salad of the Day: Vegetarian Egg & Cheese Salad</p>
<p>24 Breakfast: Sausage & Cheese Biscuit or Cocoa Puffs Lunch: Chicken Fried Steak w/ Mashed Potatoes & Country Gravy; Fruits & Vegetables Salad of the Day: Beef Nacho Salad</p>	<p>25 Breakfast: Mini Pancake Bites or Cinnamon Toast Crunch Lunch: Doritos Walking Taco; Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>26 Breakfast: Cinnamon Roll or Lucky Charms Lunch: Chili Garlic Chicken w/ Lo Mein; Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>27 National Burger Day Breakfast: Chicken & Waffle Sandwich or Cocoa Puffs Lunch: Cajun Chili Fries w/Roll; Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<div style="background-color: #4a86e8; color: white; padding: 20px; text-align: center;"> <p>Asynchronous Day</p> </div>
<div style="background-color: #4a86e8; color: white; padding: 20px; text-align: center;"> <p>Memorial Day No School</p> </div>	<p>June 01 Breakfast: Ham, Egg & Cheese Bagel or Cocoa Puffs Lunch: Spaghetti Carbonara; Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>02 Breakfast: Banana Split Yogurt Parfait or Cinnamon Toast Crunch Lunch: Kickin' Chicken Fries w/ Roll; Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>03 Breakfast: Breakfast Pizza or Lucky Charms Lunch: Sweet & Sour Chicken w/Fried Rice; Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<p>04 Breakfast: Sausage, Egg & Cheese Burrito or Cinnamon Toast Crunch Lunch: Chicken Mashed Potato Bowl; Fruits & Vegetables; Salad of the Day: Vegetarian Egg & Cheese Salad</p>
<p>07 Breakfast: Mini Strawberry Bagel or Lucky Charms Lunch: Orange Chicken w/ White Rice; Spicy Chicken Sandwich; or Beef Nacho Salad w/ Roll; Broccoli; Roasted Sweet Potato; Pears Salad of the Day: Beef Nacho Salad</p>	<p>08 Breakfast: Cinnamon Pop-Tart with Yogurt or Cocoa Puffs Lunch: Tater Tot Nachos; Fruits & Vegetables; Salad of the Day: All-American Salad</p>	<p>09 Breakfast: Sausage & Cheese Biscuit or Cinnamon Toast Crunch Lunch: Hang Time Basket; Fruits & Vegetables; Salad of the Day: Buffalo Ranch Popcorn Chicken Salad</p>	<p>10 Breakfast: Vanilla Glazed Doughnut or Lucky Charms Lunch: Meatballs & Gravy over Mashed Potatoes; Fruits & Vegetables; Salad of the Day: All-American Cobb Salad</p>	<p>11 Last Day/Early Release Breakfast Ham, Egg & Cheese Pancake Melt or Cinnamon Toast Crunch Lunch: Turkey & Cheese Sandwich</p>

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 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.** 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>Breakfast</i>	<i>Lunch</i>
<i>Full Price</i>	FREE	\$2.00
<i>Reduced Price</i>	FREE	\$0.40
<i>Adult Price</i>	\$2.50	\$3.00