

# May/June 2021

## Gentry Jr. High on the Main Course

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



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| <p><b>03</b><br/><b>Breakfast:</b><br/>Mini Strawberry Bagel or Lucky Charms<br/><b>Lunch:</b><br/>Orange Chicken w/ White Rice; Spicy Chicken Sandwich; or Beef Nacho Salad w/ Roll; Fruits &amp; Vegetables</p>        | <p><b>04</b><br/><b>Breakfast:</b><br/>Cinnamon Pop-Tart with Yogurt or Cocoa Puffs<br/><b>Lunch:</b><br/>Beef Taco Mac &amp; Cheese; Chicken Tenders w/Roll; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>    | <p><b>05 Cinco De Mayo</b><br/><b>Breakfast:</b><br/>Sausage &amp; Cheese Biscuit or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Hang Time Basket; Pizza; Buffalo Ranch Popcorn Chicken Salad; Fruits &amp; Vegetables</p>                       | <p><b>06</b><br/><b>Breakfast:</b><br/>Vanilla Glazed Doughnut or Lucky Charms<br/><b>Lunch:</b><br/>Beef Nachos; Grilled Cheese; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>                                   | <p><b>07</b><br/><b>Breakfast:</b><br/>Ham, Egg, Cheese Pancake Melt or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Chicken &amp; Spicy Maple Waffle Sandwich; Cheeseburger; Turkey &amp; Cheese Sandwich; Fruits &amp; Vegetables</p> |
| <p><b>10</b><br/><b>Breakfast:</b><br/>Chocolate-Chocolate chip Muffin &amp; Yogurt or Lucky Charms<br/><b>Lunch:</b><br/>Chicken parmesan; Spicy Chicken Sandwich; Beef Nacho Salad w/Roll; Fruits &amp; Vegetables</p> | <p><b>11</b><br/><b>Breakfast:</b><br/>Bacon, Egg &amp; Cheese Biscuit or Cocoa Puffs<br/><b>Lunch:</b><br/><b>FUEL: Jerk Chicken Wrap;</b><br/>Backyard Burger; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p> | <p><b>12</b><br/><b>Breakfast:</b><br/>Blueberry Yogurt Parfait &amp; Bug Bites or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>General TSO Chicken w/ White Rice; Cheeseburger; Buffalo Ranch Popcorn Chicken Salad; Fruits &amp; Vegetables</p> | <p><b>13</b><br/><b>Breakfast:</b><br/>Cinnamon Roll or Lucky Charms<br/><b>Lunch:</b><br/><b>FUEL: Jerk Chicken Wrap;</b><br/>Pizza; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>                               | <p><b>14</b><br/><b>Breakfast:</b><br/>Mini Pancake Bites or Cocoa Puffs<br/><b>Lunch:</b><br/>Cheese Enchilada Casserole w/Mexican Spiced Rice; Nathan's Crunch Wrap; Turkey &amp; Cheese Sub; Fruits &amp; Vegetables</p>            |
| <p><b>17</b><br/><b>Breakfast:</b><br/>Strawberry Pop-Tart &amp; Yogurt or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Chili Cheese Dog; Pizza; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>                        | <p><b>18</b><br/><b>Breakfast:</b><br/>Breakfast Pizza or Lucky Charms<br/><b>Lunch:</b><br/>Chicken Mashed Potato Bowl; Beef &amp; Cheese Tacos; All American Salad w/Roll; Fruits &amp; Vegetables</p>           | <p><b>19</b><br/><b>Breakfast:</b><br/>Vanilla Glazed Doughnut or Cocoa Puffs<br/><b>Lunch:</b><br/>Beef, Bean Cheese Burrito; Cheeseburger; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>   | <p><b>20</b><br/><b>Breakfast:</b><br/>Bacon, Egg &amp; Cheese Burrito or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Lasagna; Spicy Chicken Sandwich; All American Salad w/Roll; Fruits &amp; Vegetables</p>         | <p><b>21</b><br/><b>Breakfast:</b><br/>Cinnamon Toast Crunch Soft Filled Bar or Lucky Charms<br/><b>Lunch:</b><br/>Fish Po' Boy Sandwich; Chicken Tenders w/ Roll; Turkey &amp; Cheese Sub; Fruits &amp; Vegetables</p>                |
| <p><b>24</b><br/><b>Breakfast:</b><br/>Sausage, Cheese Biscuit or Cocoa Puffs<br/><b>Lunch:</b><br/>Chicken Fried Steak w/ Roll; Cheeseburger; Beef Nacho Salad w/ Roll; Fruits &amp; Vegetables</p>                     | <p><b>25</b><br/><b>Breakfast:</b><br/>Mini Pancake Bites or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Doritos Walking Taco; Nathan's Crunch Wrap; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>             | <p><b>26</b><br/><b>Breakfast:</b><br/>Cinnamon Roll or Lucky Charms<br/><b>Lunch:</b><br/>Chili Garlic Chicken w/ Lo Mein; Spicy Chicken Sandwich; Buffalo Ranch Popcorn Chicken Salad; Fruits &amp; Vegetables</p>                             | <p><b>27 National Picnic Day</b><br/><b>Breakfast:</b><br/>Chicken &amp; Waffle Sandwich or Cocoa Puffs<br/><b>Lunch:</b><br/>Beef Cajun Chili Fries w/Roll; Pizza; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p> | <div style="background-color: #4a86e8; color: white; text-align: center; padding: 20px; border: 1px solid black;"> <p><b>Asynchronous Day</b></p> </div>   |
| <div style="background-color: #4a86e8; color: white; text-align: center; padding: 20px; border: 1px solid black;"> <p><b>Memorial Day</b></p> <p><b>No School</b></p> </div>   | <p><b>June 01</b><br/><b>Breakfast:</b><br/>Ham, Egg &amp; Cheese Bagel or Cocoa Puffs<br/><b>Lunch:</b><br/>Spaghetti Carbonara; Chicken Tenders w/ Roll; All American Salad w/Roll; Fruits &amp; Vegetables</p>  | <p><b>02</b><br/><b>Breakfast:</b><br/>Banana Split Yogurt Parfait or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Kickin' Chicken Fries; Beef &amp; Cheese Tacos; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>                              | <p><b>03</b><br/><b>Breakfast:</b><br/>Breakfast Pizza or Lucky Charms<br/><b>Lunch:</b><br/>Nathan's Crunch Wrap; Spicy Chicken Sandwich; All American Salad w/Roll; Fruits &amp; Vegetables</p>                     | <p><b>04</b><br/><b>Breakfast:</b><br/>Sausage, Egg &amp; Cheese Biscuit or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Chicken Mashed Potato Bowl; Pizza; Turkey &amp; Cheese Sub; Fruits &amp; Vegetables</p>                        |
| <p><b>07</b><br/><b>Breakfast:</b><br/>Mini Strawberry Bagel or Lucky Charms<br/><b>Lunch:</b><br/>Orange Chicken w/ White Rice; Spicy Chicken Sandwich; or Beef Nacho Salad w/ Roll; Fruits &amp; Vegetables</p>        | <p><b>08</b><br/><b>Breakfast:</b><br/>Cinnamon Pop-Tart with Yogurt or Cocoa Puffs<br/><b>Lunch:</b><br/>Beef Taco Mac &amp; Cheese; Chicken Tenders w/Roll; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>    | <p><b>09</b><br/><b>Breakfast:</b><br/>Sausage &amp; Cheese Biscuit or Cinnamon Toast Crunch<br/><b>Lunch:</b><br/>Hang Time Basket; Pizza; Buffalo Ranch Popcorn Chicken Salad; Fruits &amp; Vegetables</p>                                     | <p><b>10</b><br/><b>Breakfast:</b><br/>Vanilla Glazed Doughnut or Lucky Charms<br/><b>Lunch:</b><br/>Beef Nachos; Grilled Cheese; Ham &amp; Cheese Sub; Fruits &amp; Vegetables</p>                                   | <p><b>11 Last Day/Early Release</b><br/><b>Breakfast</b><br/>Ham, Egg &amp; Cheese Pancake Melt or Cinnamon Toast Crunch<br/><b>Lunch:</b> Turkey &amp; 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](http://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](http://www.gccisd.net) under Nutrition Services

|                      | <b>Breakfast</b> | <b>Lunch</b> |
|----------------------|------------------|--------------|
| <i>Full Price</i>    | FREE             | \$2.00       |
| <i>Reduced Price</i> | FREE             | \$0.40       |
| <i>Adult Price</i>   | \$2.50           | \$3.00       |