




GARFIELD RE-2 SCHOOL DISTRICT
October 2019
 Wamsley School Lunch Menu

National School Lunch Week!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HARVEST OF THE MONTH
	1	2	3	Fruit- Kiwi Vegetable - Pumpkin 
	Muffin and Yogurt Double Stack Tostada Refried Beans Mexi Corn Fruit and Veggie Bar Cilantro, Lime and Salsa	Egg Sandwich with Cheese Cheese Pizza Ranch Dipping Sauce Green Beans Fruit and Veggie Bar <i>KIWI on the salad bar</i>	Apple Bread & string cheese Hamburger Tator Tots Broccoli Fruit and Veggie Bar	
7	8	9	10	Kiwifruit facilitates food digestion and boosts immune system. High level of vitamin C in the fruit can prevent development of flu. Kiwi fruit contains two times more vitamin C than oranges. It is also rich in Vitamin E & K. Compared to other fruits, kiwi offers the greatest amount of vitamins and fibers per gram of fruit than any other
Cereal/Fruit/Cracker Orange Chicken Brown Rice or Lo Mein 1/2 Egg Roll Fruit and Veggie Bar	Bagel and Cream cheese Pulled Pork Sandwich Melon Salad Baked Beans Fruit and Veggie Bar <i>Pumpkin bar</i>	Yogurt/Cracker/Fruit Corn Dog Roasted Tators Green Beans Fruit and Veggie Bar	Pancakes/ Sausage Soft Tacos Mexi Corn Fruit Salsa Fruit and Veggie Bar	
14 NSLW	15 NSLW	16 NSLW	17 NSLW	
Cereal/Cracker/Fruit Baked BBQ Chicken Au Gratin Potatoes Roasted Carrots Fruit and Veggie Bar <i>Butternut Squash casserole</i>	Cinnamon Rolls /Fruit <i>Walking Taco</i> Reduced Fat Nacho Chips Taco meat, cheese lettuce & Fruit and Veggie Bar <i>Home made Hummus with Pita</i>	Strawberry Parfait/Cracker Ravioli Marinara WG Dinner Roll Fruit and Veggie Bar <i>Orange Glazed Sweet Potatoes</i>	Biscuit Sandwich Chicken Sandwich neapple Cucumber Lime Sal Roasted Potatoes Fruit and Veggie Bar <i>Zucchini Boats</i>	
21	22	23	24	
Muffin and Fruit Hamburger Roasted Red Potatoes Broccoli Snickerdoodle Cookie Fruit and Veggie Bar	Biscuit & gravy/Fruit Pancakes Sausage Patties Scrambled Eggs Fruit and Veggie Bar	Cereal/Cracker/Fruit Chic' Penne Alfredo Peas and Carrots Garlic Twist Fruit and Veggie Bar	Bacon and Egg Scramble Chicken Bowl Mashed Potatoes Gravy and Corn Fruit and Veggie Bar	
28	29	30	31	
Cereal/Cracker/Fruit Chicken Parmesan Buttered Noodles Broccoli Fruit and Veggie Bar	Muffin and Yogurt Double Stack Tostada Refried Beans Mexi corn Fruit Salsa Fruit and Veggie Bar	Egg Sandwich with Cheese Macaroni and Cheese Roasted Veggies Home made Roll Fruit and Veggie Bar	Apple bread & Cheese Stick Hot Dog Baked Beans Fritos Fruit and Veggie Bar	

School Meal Prices:

Elementary: Breakfast \$2.25 Lunch \$3.00
 Reduced: Breakfast - Free K-5 Lunch Free
 Middle and High School: Br 2.25 Lunch 3.25
 Adult Meals: Breakfast \$3.00 Lunch \$4.25

1%, Fat Free or Chocolate Milk is served with each meal

Garfield RE-2 Nutritional Services
 Mary McPhee, Director of Nutrition Services
 970-665-7697

this institution is an equal opportunity provider