



GARFIELD RE-2 SCHOOL DISTRICT

September 2019

Wamsley School Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | HARVEST OF THE MONTH |
|---|--|--|---|---|
| 2 | 3 | 4 | 5 | Fruit - Apple Vegetable - Spinach  Spinach on salad bar Spinach and Bean Quesidilla Gala Fuji Honey Crisp Granny Smith Golden Delicious Red Delicious Pink Lady It takes 40 apples to make one gallon of Apple Cider Apples float because they are 25% air |
| Labor Day | Muffin and Fruit | Honey Bun w/ String Che | Sausage and Egg Sand | |
| No School | Double Stack Tostada Cilantro, Pico Mexi Corn <i>Cinnamon Fresh Apples</i> Fruit and Veggie Bar | Pepperoni Pizza Salad Green Beans <i>Spinach on Salad Bar</i> Fruit and Veggie Bar | Chic'Penne with Broccoli Garlic sticks Peas <i>Apple Crisp</i> Fruit and Veggie Bar | |
| 9 | 10 | 11 | New Item !! 12 | |
| Fruit Smoothie/cereal | Muffin & Yogurt | Egg Sandwich/Cereal | Apple Bread & string | |
| Chicken Bowl Mashed Potatoes Gravy and Corn Fruit and Veggie Bar | Spaghetti and Meatsauce Roll Roasted Carrotss Fruit and Veggie Bar | Black Bean and Cheese Quesadilla Salsa Broccoli Fruit and Veggie Bar | Chicken Salad Sandwich Baked Frito Chips Carrots and Celery with Bar Fruit and Veggie Bar | |
| 16 | 17 | 18 | 19 | |
| French toast sticks | Bagel & cream cheese | Fruit Smoothie/cereal | Pancakes & Sausage | |
| Turkey Taco Brown Rice Black Bean/ Corn Salsa Fruit and Veggie Bar | Italian Sub Sandwich Baked Chips <i>Apple Salad</i> Steamed Veggies Fruit and Veggie Bar | Pizza Muffin Cup Marinara Broccoli Salad Fruit and Veggie Bar | Hamburger Tater Tots Cucumber and Tomato Fruit and Veggie Bar | |
| 23 | 24 | 25 | 26 | |
| Fruit Smoothie/cereal | Coffee Cake & Cheese | Strawberry banana Parfait | Biscuit Sandwich | |
| Lo Mein 1/2 Egg Roll Broccoli Rice Krispie Bar Fruit and Veggie Bar | Corn Dog Sweet Potato Fries Carrot Coins Fruit and Veggie Bar | Baked Ziti Peas and Carrots Dinner Roll <i>Special Apple</i> Fruit and Veggie Bar | Waffles Sausage Patty Hash Browns Fruit and Veggie Bar | |
| 30 | USDA Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on ace, color, national origin, sex, disabiltyi, age or reprisal or retaliation or prior civil rights activity in any program or acity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audotape, American Sign Language, etc.) should cotact the Agency (State or local) where they applied or benefits. Indiiduals who are deaf, hard of heaing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program inormaion may e made available in languages other than English. To file a program complaint of | | | |
| Muffin & Fruit | | | | |
| Chicken Parmesan Buttered Noodles Broccoli Fruit and Veggie Bar | | | | |

1%, Fat Free or Chocolate Milk is served with ea **School Meal Prices:**

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

Elementary: Breakfast \$2.25 Lunch \$3.00
Reduced: Breakfast - Free K-5 Lunch Free
Middle and High School: B1 2.25 Lunch 3.25
Adult Meals: Breakfast \$3.00 Lunch \$4.25