

GSECC Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Overnight Oats ¹ Blueberries Milk ¹	Raisin Bread ^{1,2} Pears Milk ¹	Cheerios Oranges Milk ¹	Pancakes ^{1,2} Applesauce Milk ¹	Toasted Croissant Slices ^{1,2} Oranges Milk ¹
Lunch	Cheese Pizza ^{1,2} Green Beans Oranges Milk ¹	White Beans w/Pesto ¹ Dinner Rolls ² Broccoli Pineapple ⁶ Milk ¹	Cheese Sandwich ^{1,2,3} Peas & Carrots Apples Milk ¹	Macaroni & Cheese ^{1,2} Roasted Veggies Watermelon Milk ¹	Chickpea Salad w/Cucumber Yogurt Curry Rice ¹ Fruit Salad Milk ¹
3pm Snack	Nutrigrain Bars ² Strawberries & Apples	Biscuits & Jam ^{1,2} Milk ¹	Pita Slices ² Cucumber & Hummus	*Turkey Slices Saltines ²	Carrots & Ranch ^{1,3} Dinner Rolls ^{1,2}
5pm Snack	Hard Boiled Eggs ³ Goldfish ^{1,2}	Animal Crackers ² Applesauce	Graham Crackers ^{2,5} Fruit Cup	Apples Sun Butter Yogurt Dip ¹	Ritz ² Pears

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Breakfast	English Muffins ² Pears Milk ¹	Oatmeal Peaches Milk ¹	Vegetarian Bfst Sandwich ^{1,2,3,4} Mandarins Milk ¹	French Toast ^{2,4} Berry Applesauce Milk ¹	Cheddar Scrambled Eggs ^{1,3} Strawberries & Apples Milk ¹
Lunch	Pasta w/Teriyaki Tofu ^{2,4,6} Green Beans Pineapple ⁶ Milk ¹	Grilled Bean Burritos ^{1,2} Mixed Veggie Succotash Oranges Milk ¹	Marinara Pasta w/Lentils ² Roasted Carrots Apples Milk ¹	*Beef & Bean Enchilada Bake ¹ Garden Salad w/Ranch ^{1,3} Blueberries Milk ¹	*Chicken Corn Dogs ^{2,3,4,5} Tater Tots Clementines Milk ¹
3pm Snack	Ritz ² String Cheese ¹	Mango Yogurt ¹ Granola Bar ^{1,2}	*Turkey Slices Club Crackers ²	Crunchy Pretzels ² String Cheese ¹	Cottage Cheese ¹ Pineapple ⁶
5pm Snack	Banana Muffins ^{1,2,3} Oranges	Raisin Bread ^{1,2} Apples & Strawberries	Ritz Bitz Crackers ^{1,2} Mixed Fruit ⁶	Sun Butter Roll Ups ² Pineapple ⁶	White Cheddar Cheez-its ^{1,2} Applesauce

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Breakfast	Cottage Cheese ¹ Pears Milk ¹	Biscuits & Jam ^{1,2} Peaches Milk ¹	Life Cereal ² Strawberries Milk ¹	Fruit Muffins ^{1,2,3} Oranges Milk ¹	Rice Krispies ² Blueberries Milk ¹
Lunch	*Chicken & Dumplings ^{1,2} Peas & Carrots Spiced Apple Compote Milk ¹	English Muffin Pizzas ^{1,2} Broccoli & Ranch ^{1,3} Oranges Milk ¹	Curry Chickpeas Brown Rice Green Beans Pineapple ⁶ Milk ¹	Chipotle BBQ Beans Cornbread ^{1,2,3,5} Tater Tots Apples Milk ¹	*Tuna Salad Sandwich ^{2,3} Roasted Veggies Peaches Milk ¹
3pm Snack	Cinnamon Sugar Pita Pineapple ⁶	Vanilla Yogurt ¹ Animal Crackers ²	Garlic Bread ^{1,2} Fruit Smoothies	Tomato/Basil/Cheese Sliders ^{1,2} Mixed Veggies	Club Crackers ² String Cheese ¹
5pm Snack	Whole Wheat Ritz ² Babybel Cheese ¹	Goldfish ^{1,2} Strawberries & Oranges	Graham Crackers ^{2,5} Mango Sauce	Wheat Thins ² Clementines	Belvita Crackers ² Fruit Cups

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Breakfast	Toasted Croissant Bread ^{1,2} Orange Juice Milk ¹	Lemon Blueberry Biscuits ^{1,2} Applesauce Milk ¹	Cheerios Blueberries Milk ¹	Cinnamon Oatmeal Cranberry Apple Compote Milk ¹	Chocolate Chip Pancakes ^{1,2} Oranges Milk ¹
Lunch	*Turkey Havarti Roll Ups ^{1,2} Cold Pea Salad ³ Apples & Grapes Milk ¹	*Soft Tacos w/Beef & Beans ² Salsa/Lettuce/Cheese ¹ Corn Melon Milk ¹	*Chicken & Rice Bake ^{1,2,4} Mixed Veggies Strawberries & Apples Milk ¹	Pesto Pasta w/White Beans ¹ Garden Salad w/Balsamic Drsg Pineapple ⁶ Milk ¹	Chickpea & Veggie Stew Pita Slices ² Mango Applesauce Milk ¹
3pm Snack	Soft Pretzels ² Fruit Salad	Cornbread ^{1,2,3,5} Peaches	Herbed Baguette Slices ² Cucumber Feta Salad ¹	French Toast Sticks ^{2,4} Berry Applesauce	Whole Wheat Ritz ² *Turkey & Cheese Cubes ¹
5pm Snack	Granola Bars ² Bananas	Fig Oat Bars ² Milk ¹	White Cheddar Cheez-its ^{1,2} String Cheese ¹	Carrots & Broccoli Hummus	Hawaiian Rolls ^{1,2,3,4} Mixed Fruit

Whole Milk 1: Children Under 2 years / 1% Milk 1: Children 2+ years / Water is served at every snack

We are a facility free of: Nuts / Shellfish / Pork

Allergen Key: *Contains Meat or Fish | 1 Dairy | 2 Wheat/Gluten | 3 Egg | 4 Soy/Soy Flour/Soy Protein | 5 Honey | 6 Pineapple