

Gustine High & Middle School

October 2018 Breakfast & Lunch Menu

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Cold Sandwiches & Wraps

Monday

Italian Sandwich

Tuesday

Popcorn Chicken Wrap

Wednesday

Turkey & Cheese Sandwich

Thursday

Grilled Triple Cheese Sand.

Friday

Salami & Cheese Sandwich

Breakfast

Monday

Pancakes & Berries

Tuesday

Smoothie

Wednesday

Fiesta Pizza

Thursday

Scrambled Eggs & Bacon

Friday

Cinnamon Roll

Cereal & Cereal Bars

served daily



Find menus, nutrition, allergen information and more online or on your phone!

Download School Menus by Nutrislice to your smartphone from the App Store or visit: Gustine.nutrislice.com

1 Pulled Pork Sandwich Seasoned Fries Fresh Fruit	2 Beefy Bean Burrito Corn Salsa Fresh Fruit	3 Orange Chicken Steamed Rice & Broccoli Fresh Fruit	4 Bacon Cheddar Melt Potato Salad Fresh Fruit	5 Tostilocos Steamed Corn Fresh Fruit
8 BBQ Rib Sandwich w/ Garlic Fries Fresh Fruit	9 Cheese Quesadilla Seasoned Pinto Beans Fresh Fruit	10 Cherry Blossom Chicken Steamed Rice & Broccoli Fresh Fruit	11 Marconi & Cheese Steamed Carrots Fresh Fruit	12 Chicken Nuggets Dinner Roll Steamed Carrots Fresh Fruit
15 Chicken & Waffles Tater Tots Fresh Fruit	16 Beef Chalupa Black Bean Salsa Fresh Fruit	17 Sweet & Sour Chicken Green Beans & Rice Fresh Fruit	18 Chili Cheese Potato Steamed Broccoli Fresh Fruit	19 Hot Ham & Cheese Celery Sticks Fresh Fruit Fresh Fruit
22 BBQ Rib Sandwich Season Potato Wedge Fresh Fruit	23 Beefy Cheese Nachos w/ Ground Beef Cheese Sauce & Refried Beans Fresh Fruit	24 Teriyaki Dippers Steamed Rice Steamed Broccoli Fresh Fruit	25 Penne Pasta w/ Cheesy Garlic Bread Vegetable Melody Fresh Fruit	26 Roasted Chicken Mashed Potatoes Dinner Roll Steamed Carrots Fresh Fruit
29 Chicken Bowl w/ Mashed Potatoes Gravy & Corn Fresh Fruit	30 Fajita's w/ Chicken Sautéed Bell Peppers & Onions Seasoned Pinto Beans Fresh Fruit	31  NO SCHOOL		



Classic Cheese Pizza and Pepperoni Pizza served daily, All pizza made w/ reduced fat cheese & whole grain crust. Includes Veggie & Fruit.

Specials

Monday: Meatball Pizza
Tuesday: Garlic Chicken Pizza
Wednesday: Jalapeno Pepperoni Pizza
Thursday: Bacon Cheeseburger Pizza
Friday: Meat Lovers Pizza

grilled

Lean beef burgers w/ cheese barbequed daily. Breaded chicken sandwiches available daily.

Specials

Monday: Grilled Chicken Sandwich
Tuesday: Chili Cheese Dog
Wednesday: Jalapeno Burger
Thursday: Hot Dog
Friday: BBQ Bacon Cheese Burger

wild greens

Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

Monday: Taco Salad
Tuesday: Popcorn Chicken Salad
Wednesday: Apple Chicken Salad
Thursday: Chef Salad
Friday: Monterey Ranch Salad

Breakfast Prices FREE FOR ALL STUDENTS Adults: \$2.50 **Lunch Prices FREE FOR ALL STUDENTS** Adults: \$4.00 Milk & Bottled Water: \$0.50

For questions please call the Nutrition Services office at (209) 854-6747 or visit our website at <http://gustine.businesscatalyst.com/cafeteria> - Menus available online!

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services.

To get nutritional information please check out the Nutrislice App. Download it free from the Google Play or iTunes Store. Menu subject to change without notice.