



Gustine High & Middle School

January 2019 Breakfast & Lunch Menu

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Cold Sandwiches & Wraps

Monday

Ham & Cheese Sandwich

Tuesday

Chicken BLT Sandwich

Wednesday

Turkey & Cheese Sandwich

Thursday

Grilled Triple Cheese Sand.

Friday

Sunbutter & Jelly

Breakfast

Monday

Breakfast on a Stick

Tuesday

Parfait

Wednesday

Breakfast Pizza

Thursday

Ham & Cheese Bagel

Friday

Waffles & Blueberries

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



Winter Break

	1	2	3	4
7	8	9	10	11
Bacon Cheddar Melt Seasoned Wedge Fresh Fruit Sandwich	Bean & Cheese Burrito Seasoned Pinto Beans Fresh Fruit Grilled Chicken Sand	Orange Chicken Steamed Rice & Broccoli Fresh Fruit Pizza	Cheesy Pizza Pasta Steamed Carrots Fresh Fruit Hot Dog	Tostilocos Steamed Corn Fresh Fruit Burrito
14	15	16	17	18
Chicken & Waffles Seasoned Wedge Fresh Fruit Hamburger	Chicken Tacos Steamed Corn Fresh Fruit Corn Dog	General Tso Chicken Steamed Rice & Broccoli Fresh Fruit Pizza	Macaroni & Cheese Steamed Carrots Fresh Fruit Macaroni & Cheese	Chicken Nuggets Dinner Roll 3 Bean Salad Fresh Fruit Chicken Nuggets
21	22	23	24	25
	Beef Nachos w/ Beef, Cheese & Refried Beans Fresh Fruit Grilled Chicken Sand	Teriyaki Dippers Steamed Rice & Broccoli Fresh Fruit Pizza	Spaghetti Dinner Roll Green Beans Fresh Fruit Hot Dog	Pulled Pork Sandwich Seasoned Wedges Fresh Fruit Burrito
28	29	30	31	
Popcorn Chicken Bowl w/ Corn Fresh Fruit Hamburger	Enchilada's Seasoned Pinto Beans Fresh Fruit Corn Dog	Sweet & Sour Chicken Steamed Rice & Broccoli Fresh Fruit Pizza	Breakfast for Lunch Pancake's, Berries, Sausage & Potatoes Fresh Fruit Macaroni & Cheese	



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

Specials

- Monday: Aloha Pizza
- Tuesday: Buffalo Chicken Pizza
- Wednesday: Jalapeno Pepperoni Pizza
- Thursday: BBQ Chicken
- Friday: Philly Cheesesteak Pizza

grilled

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

Specials

- Monday: Chicken Club 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: Caesar Salad
- Thursday: Chef Salad
- Friday: Chicken BLT 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. Ingredients and menu items subject to change without notice. Students offered a choices of 1% unflavored milk or nonfat chocolate milk.  Gluten Free Option