

# Gustine High & Middle School

## November 2018 Breakfast & Lunch Menu

### SO DELI

Cold Sandwiches & Wraps

**Monday**

Ham & Cheese Sandwich

**Tuesday**

Tuna Sandwich

**Wednesday**

Turkey & Cheese Sandwich

**Thursday**

Grilled Triple Cheese Sand.

**Friday**

Salami & Cheese Sandwich

### Breakfast

**Monday**

Breakfast Bowl

**Tuesday**

Parfait

**Wednesday**

Bagel Pizza

**Thursday**

Ham & Cheese Bagel

**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](http://Gustine.nutrislice.com)



5 Pulled Pork Sandwich w/ Garlic Fries Fresh Fruit

6 Cheese Quesadilla Seasoned Pinto Beans Fresh Fruit

7 Orange Chicken Steamed Rice & Broccoli Fresh Fruit

8 Marconi & Cheese Steamed Carrots Fresh Fruit

9 Chicken Nuggets Dinner Roll Green Beans Fresh Fruit



13 Beef Nachos w/ Ground Beef Cheese Sauce & Refried Beans Fresh Fruit

14 General Tso Chicken Green Beans & Rice Fresh Fruit

15 Chili Cheese Potato Steamed Broccoli Fresh Fruit

16 Turkey Dinner Mashed Potatoes Sweet Potatoes Dinner Roll & Cookie Fresh Fruit



26 Chicken Bowl w/ Mashed Potatoes Gravy & Corn Fresh Fruit

27 Fajitas w/ Chicken Sautéed Bell Peppers & Onions Seasoned Pinto Beans Fresh Fruit

28 Teriyaki Dippers Steamed Rice & Broccoli Fresh Fruit

29 Tamale w/ Corn & Black Bean Salsa Fresh Fruit

30 Chicken & Waffles Carrot Sticks Fresh Fruit



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: South of the Border Chicken Pizza
- Friday: Philly Cheesesteak 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.