

# Gustine High & Middle School

## September 2018 Lunch & Breakfast Menu

### SO DELI

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**

Waffles & Berries

**Tuesday**

Smoothie

**Wednesday**

Parfait

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

3	4	5	6	7
	Cheese Quesadilla Seasoned Pinto Beans Fresh Fruit	Orange Chicken Steamed Rice & Broccoli Fresh Fruit	Marconi & Cheese Steamed Carrots Fresh Fruit	Tostilocos Steamed Corn Fresh Fruit
10	11	12	13	14
Chicken & Waffles Tater Tots Fresh Fruit	Beef Chalupa Black Bean Salsa Fresh Fruit	Thai Chicken Green Beans & Rice Fresh Fruit	Chili Cheese Potato Steamed Broccoli Fresh Fruit	Chicken Nuggets Dinner Roll Steamed Carrots Fresh Fruit
17	18	19	20	21
Pulled Pork Sandwich Seasoned Fries Fresh Fruit	Beefy Cheese Nachos w/ Ground Beef Cheese Sauce & Refried Beans Fresh Fruit	Sweet & Sour Chicken Steamed Rice Steamed Broccoli Fresh Fruit	Spaghetti w/ Cheesy Garlic Bread Steamed Carrots Fresh Fruit	Hot Ham & Cheese Celery Sticks Fresh Fruit
24	25	26	27	28
Chicken Bowl w/ Mashed Potatoes Gravy & Corn Fresh Fruit	Fajita's w/ Chicken Sautéed Bell Peppers & Onions Seasoned Pinto Beans Fresh Fruit	Teriyaki Dippers Steamed Rice & Steamed Broccoli Fresh Fruit	<b>Breakfast for Lunch</b> Pancakes, Eggs Sausage & Tater Tots Fresh Fruit	Roasted Chicken Mashed Potatoes Dinner Roll Steamed Carrots 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: 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.