

K-8th Menus for September 2026



Garvey School District

This institution is an equal opportunity provider. Menus are subject to change.

Word of the Month hon·est

adj. 1. honorable in principles, intentions, and actions. 2. showing uprightness and fairness. 3. truthful or credible. 4. sincere, frank.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Tuesday, September 1

Breakfast

Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch

Cheesy Pull Aparts w/
Marinara Sauce Cup
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

Scooby Doo Grahams
Low-Fat Milk

Wednesday, September 2

Breakfast

French Toast Sticks
Low-Fat Milk and Fruit

Lunch

Sicilian Style Cheese Pizzaboli
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Cheez-Its
Low-Fat Milk

Thursday, September 3

Breakfast

Breakfast Burrito
Low-Fat Milk and Fruit

Lunch

Chicken & Pasta
w/ Marinara Sauce
Green Beans
Milk and Fruit

Snack

Belly Bear Grahams
Low-Fat Milk

Friday, September 4

Breakfast

Pancakes
Low-Fat Milk and Fruit

Lunch

Cheese Quesadilla
or Manager's Choice
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

Rainbow Goldfish
Low-Fat Milk

Monday, September 7

**HAPPY
LABOR DAY!**



*Try not to be BLUE
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!*

Tuesday, September 8

Breakfast

Pizza Bagel
Low-Fat Milk and Fruit

Lunch

Popcorn Chicken & Biscuit
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

Maple Waffle Graham
Low-Fat Milk

Wednesday, September 9

Breakfast

Honey Bun
or Manager's Choice
Low-Fat Milk and Fruit

Lunch

Domino's or Papa John's
Cheese or Pepperoni Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Multigrain Sun Chips
Low-Fat Milk

Thursday, September 10

Breakfast

Breakfast Sandwich
Low-Fat Milk and Fruit

Lunch

Teriyaki Beef Dippers
& Brown Rice
Green Beans
Assorted Milk & Assorted Fruit

Snack

Sunbutter Cups w/
States & Capitals Cracker
Low-Fat Milk

Friday, September 11

Breakfast

Waffle or
Red, White & Blue Parfait
Low-Fat Milk and Fruit

Lunch

Corn Dog or Hot Dog
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

Strawberry Apple Crisps
Low-Fat Milk

*** REMINDER TO ALL K-8th
PARENTS & STUDENTS ***

**A COMPLETE
Breakfast or Lunch Meal**
must be selected by the student to
be considered **FREE \$0.00!**

Take at least

3

One must be a fruit

BREAKFAST

A COMPLETE BREAKFAST INCLUDES:

Take

3-5

One must be a fruit or
veggie

LUNCH

A COMPLETE LUNCH INCLUDES:

STUDENT A LA CARTE

Menu Item Prices for SY 26-27

Main Entrée (Breakfast) = \$3.25

Main Entrée (Lunch) = \$5.00

Fruit or Vegetable = \$1.00

Milk or Juice = \$0.75

Snack - \$1.50

GSD Board Approval Date: 08/07/2025

*Remembering our Heroes on
September 11, and showing our
support for them*

*all year
round.*



Monday, September 14

Breakfast

Mini Cream Cheese Stuffed Bagel
Low-Fat Milk and Fruit

Lunch

Chicken Drum-day Monday &
Hawaiian Roll
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

Cheez-Its
Low-Fat Milk

Tuesday, September 15

Breakfast

Eggs & Hash Brown
Low-Fat Milk and Fruit

Lunch

Beef Taco Stick
Refried Beans
Assorted Milk & Assorted Fruit

Snack

Scooby Doo Grahams
Low-Fat Milk

Wednesday, September 16

Breakfast

Ham & Cheese Croissant
Low-Fat Milk and Fruit

Lunch

French Bread Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Cheetos Puffs
Low-Fat Milk

Thursday, September 17

Breakfast

Apple Frudel
Low-Fat Milk and Fruit

Lunch

Crispy Regular/Spicy
Chicken Sandwich
Green Beans
Assorted Milk & Assorted Fruit

Snack

Apples
Low-Fat Milk

Friday, September 18

National Cheeseburger Day!

Breakfast

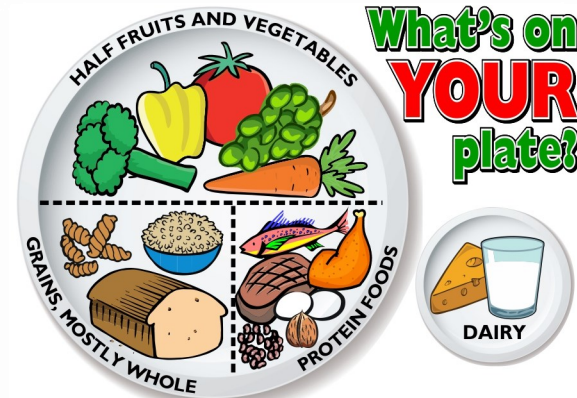
Ultimate Breakfast Bar
or Overnight Oats
Low-Fat Milk and Fruit

Lunch

Cheeseburger Sliders
Tater Tots
Assorted Milk & Assorted Fruit

Snack

Rainbow Goldfish
Low-Fat Milk



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, September 21

Breakfast

Cornbread Poppers
or Manager's Choice
Low-Fat Milk and Fruit

Lunch

Beef RibBq on Hoagie Roll
Seasoned Potato Wedges
Assorted Milk & Assorted Fruit

Snack

Benefit Bar
Low-Fat Milk

Tuesday, September 22

Breakfast

Pan Dulce Concha
Low-Fat Milk and Fruit

Lunch

Cheesy Pull Aparts w/
Marinara Sauce Cup
Yellow Corn
Assorted Milk & Assorted Fruit

**Breakfast for
Snack**

Cereal & Low-Fat Milk

Wednesday, September 23

Breakfast

French Toast Sticks
Low-Fat Milk and Fruit

Lunch

Domino's or Papa John's
Cheese or Pepperoni Pizza
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Multigrain Sun Chips
Low-Fat Milk

Thursday, September 24

Breakfast

Breakfast Burrito
Low-Fat Milk and Fruit

Lunch

Pasta & Meaty Marinara Sauce
Green Beans
Assorted Milk & Assorted Fruit

Snack

Sunbutter Cup w/
States & Capitals Cracker

Friday, September 25

Breakfast

Pancakes
Low-Fat Milk and Fruit

Lunch

Bean & Cheese Burrito or
Manager's Choice
Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

Strawberry Apple Crisps
Low-Fat Milk

Monday, September 28

Breakfast

Blueberry Muffin
Low-Fat Milk and Fruit

Lunch

Chicken Tenders & Biscuit
Yellow Corn
Assorted Milk & Assorted Fruit

Snack

Cheez-Its
Low-Fat Milk

Tuesday, September 29

Breakfast

Pizza Bagel
Low-Fat Milk and Fruit

Lunch

Chicken Egg Roll
& Vegetable Fried Rice
Assorted Milk & Assorted Fruit

Snack

Scooby Doo Grahams
Low-Fat Milk

Wednesday, September 30

Breakfast

English Muffin & Egg Patty
Low-Fat Milk and Fruit

Lunch

Sicilian Style Cheese Pizzaboli
or New Item: Buffalo Chicken
Stuffed Sandwich
Mixed Green Salad
Assorted Milk & Assorted Fruit

Snack

Jungle Crackers
Low-Fat Milk

Thursday, October 1

Breakfast

Waffle
Low-Fat Milk and Fruit

Lunch

Mandarin Orange Chicken
& Brown Rice
Green Beans
Milk and Fruit

Snack

String Cheese & Savory Crackers
Low-Fat Milk

AVAILABLE DAILY

Offered @ Breakfast

**Variety of Seasonal Fruits &
Cereal w/ Low-Fat Yogurt or
Cereal w/ String Cheese or
Fruit Smoothie**

Offered @ Lunch

**Variety of Seasonal Fruits & Vegetables @ the Salad Bar
Turkey (& Cheese) Sandwich or
Salad Shaker Cup or
Yogurt & Fruit Parfait**



**GSD
Food Services
Department**