



2021-2022 Menu

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

Build your tray THE healthy way!

START WITH A:

- Vegetable
- or
- Fruit

Better yet, choose both!

- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least 3 food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
08/9-08/13 09/06-09/10 10/04-10/07 11/01-11/05 11/29-12/03	2 OZ Pulled Pork Sandwich on 1 Each WG Bun 3/4 Cup Corn 1/2 Cup Mandarin Oranges Assorted Milk	3 PC Chicken Tender Bowl 1/2 C Mashed Potato 1 OZ Gravy 3/4 Cup Broccoli 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each Beef Hot Dog 1 Each WG Bun 3/4 Cup Chili Beans 1/2 Cup Diced Pears Assorted Milk	1 Each Breaded Chicken Patty 1 Each WW Bun 3/4 Cup Carrots 1/2 Cup Peaches Assorted Milk	Eggless Loco Moco 1 OZ Gravy 1/2 Cup Brown Rice 3/4 Cups Green Beans 1/2 Cup Pineapple Tidbits Assorted Milk
08/16-08/20 09/13-09/17 10/11-10/15 11/08-11/12 12/13-12/16	7 OZ North Cheeseburger Mac 3/4 Cup California Blend 1/2 Cup Mandarin Oranges Assorted Milk	5 PC Chicken Nuggets 1/2 C Brown Rice 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	3 OZ EZ Bistek 1/2 Cup Brown Rice 3/4 Cup Pinto Beans 1/2 Cup Diced Pears Assorted Milk	2 oz Sloppy Joe 1 Each WW Bun 3/4 Cup Potato Wedges 1/2 Cup Peaches Assorted Milk	1 Slice Pepperoni Pizza 3/4 Cup Broccoli 1/2 Cup Fruit Mix Assorted Milk
08/23-08/27 09/20-09/24 10/18-10/22 11/15-11/19	1 Each BBQ Pork Rib Sandwich 1 Each WG Bun 3/4 Cup Green Beans 1/2 Cup Mandarin Oranges Assorted Milk	2 OZ Beef Taco Meat 1 Each WG Tortilla Shell 1 OZ Shredded Cheese 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each Corn Dog 3/4 Cup Pinto Beans 1/2 Cup Diced Pears Assorted Milk	3 PC Chicken Tender Bowl 1/2 Cups Mashed Potato 1 OZ Gravy 3/4 Cup Broccoli 1/2 Cup Peaches Assorted Milk	1 Slice WG Cheese Pizza 3/4 Cup Corn 1/2 Cup Fruit Mix Assorted Milk
08/30-09/03 09/27-10/01 10/25-10/29 11/22-11/26	4 OZ Spaghetti Meat Sauce 1 Cup Spaghetti Noodles 3/4 Cup Chili Beans 1/2 Cup Mandarin Oranges Assorted Milk	1 EA Beef Salisbury Steak 1 OZ Gravy 1/2 Cup Brown Rice 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each BBQ Grilled Chicken Patty 1 Each WG Bun 3/4 Cup Green Beans 1/2 Cup Diced Pears Assorted Milk	6 OZ Ham & Cheese Macaroni Pasta 3/4 Cup Potato Wedges 1/2 Cup Peaches Assorted Milk	1 Each Fish Patty Sandwich 1 Each WG Bun 3/4 Cup Broccoli 1/2 Cup Pineapple Assorted Milk

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(LEA) FNS Reviewed & Approved: Charleen Hadap 7/27/21
State Agency for CNP, Reviewed & Approved: Matthew Sablan

Matthew Sablan
7/29/2021



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- Vegetable
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- Pick a lean protein
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take at least 3 food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
08/9-08/13	2 OZ Pulled Pork Sandwich on a WW Bun	3 PC Chicken Tender Bowl	1 Each All Beef Hot Dog	1 Each Breaded Chicken Patty	Eggless Loco Moco
09/06-09/10	OR	1/2 Cup Mashed Potato /	1 Each WG Bun	1 Each WW Bun	1 OZ Gravy
10/04-10/07	6 Each Mini Corn Dogs	1 OZ Gravy	OR	OR	1 Cup Brown Rice
11/01-11/05	1 Cup Corn	1 Each Dinner Roll	1 Each WG Cheese Pizza	1 Cup Chili	OR
11/29-12/03	OR	OR	1 Cup Chili Beans	1 Cup Brown Rice	2 OZ Tuna Salad Plate
	1 Cup Peas & Carrots	3 SL Ham & 2 SL Cheese	OR	1 Cup Carrots	1 Each WW Pita
	1 Cup Mandarin Oranges	2 SL WW Bread	1 Cup Potato Wedges	OR	1 Cup Green Beans
		1 Cup Broccoli	1 Cup Diced Pears	1 Cup Mixed Vegetables	OR
		1 Cup Peas		1 Cup Peaches	1 Cup Peas & Carrots
		1 Cup Pineapple Tidbits			1 Cup Pineapple Tidbits
08/16-08/20	11 OZ North Cheeseburger Mac	5 PC Chicken Nuggets	5 OZ EZ Bistek	2 oz Sloppy Joe	1 Slice Pepperoni Pizza
09/13-09/17	OR	1 Cup Brown Rice	1 Cup Brown Rice	1 EA WW Bun	Or
10/11-10/15	Turkey Hot Dog on	OR	OR	OR	5 Each Fish Sticks
11/08-11/12	1 Each WW Bun	1 EA Hamburger Patty	3 SL Turkey 2 SL Cheese	Grilled Chicken Patty	1/2c Brown Rice
12/13-12/16		1 Each WW Bun	2 SL WW Bread	1 Each WW Bun	Tartar Sauce
	1 Cup California Blend	1 Cup Carrots	1 Cup Pinto Beans	1 Cup Potato Wedges	1 Cup Broccoli
	OR	OR	OR	OR	OR
	1 Cup Peas	1 Cup Mixed Vegetables	1 Cup Peas & Carrots	1 Cup Peas	1 Cup Corn
	1 Cup Mandarin Oranges	1 Cup Pineapple Tidbits	1 Cup Diced Pears	1 Cup Peaches	1 Cup Fruit Mix
08/23-08/27	1 EA BBQ Pork Rib	2 OZ Beef Taco Meat	1 Each Corn Dog	3 PC Chicken Tender Bowl	1 Each WG Cheese Pizza
09/20-09/24	1 Each WG Bun	1 Each WG Tortilla Shell	OR	1/2 C Mashed Potato / 1 OZ Gravy	OR
10/18-10/22	OR	1 OZ Shredded Cheese	4 Each Beef Dippers	1 Each Dinner Roll	5 Each Meatballs
11/15-11/19	3 OZ Chicken Alfredo	1/2 Cup Brown Rice	1 Cup Brown Rice	OR	1 OZ Sweet & Sour Sauce
	1/2 Cup Spaghetti Noodles	OR	1 Cup Pinto Beans	2SL Ham & 1 SL Turkey	1 Cup Brown Rice
	1 Each Dinner Roll	3 SL Turkey & 2 SL Cheese	OR	1 SL Provolone cheese	
	1 Cup Green Beans	2 SL WW Bread	1 Cup California Blend	2 Slices WW Bread	1 Cup Corn
	OR	1 Cup Carrots	1 Cup Diced Pears	1 Cup Broccoli	OR
	1 Cup Mixed Vegetables	OR		OR	1 Cup Peas & Carrots
	1 Cup Mandarin Oranges	1 Cup Potato Wedges		1 Cup Peas	1 Cup Fruit Mix
		1 Cup Pineapple Tidbits		1 Cup Peaches	
08/30-09/03	4 OZ Spaghetti Meat Sauce	3 OZ Beef Salisbury Steak / 1 OZ Gravy	1 Each BBQ Grilled Chicken Patty	8 OZ Ham & Cheese Macaroni Pasta	1 Each Fish Patty / 1 Each WW Bun
09/27-10/01	1 Cup Spaghetti Noodles	1 Cup Brown Rice	1 Each WG Bun	OR	OR
10/25-10/29	OR	OR	OR	1 Each Chicken Parma Sandwich	2 OZ Chicken Salad
11/22-11/26	8 EA WG Chicken Sticks	2SL Ham & 1 SL Turkey	1 Cup Chili	1/2 OZ Marinara Sauce	1 Each WW Pita
	1 Each Dinner Roll	1 SL Provolone cheese	1 Cup Brown Rice	1 SL Provolone Cheese	
	1 Cup Chili Beans	2 SL WW Bread	1 Cup Green Beans	1 Cup Potato Wedges	1 Cup Broccoli
	OR	1 Cup Carrots	OR	OR 1 Cup Peas	OR
	1 Cup Potato Wedges	OR	1 Cup Peas & Carrots	1 Cup Peaches	1 Cup Peas and Carrots
	1 Cup Mandarin Oranges	1 Cup Mixed Vegetables	1 Cup Diced Pears		1 Cup Pineapple
		1 Cup Pineapple Tidbits			