

# GACDC Weekly Menu

**JULY 15, 2024**

## Monday

**Breakfast:** Whole Wheat Chex Cereal, Orange Slices & Milk

**Lunch:** Beef Crumbles, Vegetarian Baked Beans, Whole Wheat Roll, Corn, Mixed Fruit & Milk

## Tuesday

**Breakfast:** Whole Grain Honey Nut Cheerios Cereal, Peaches & Milk

**Lunch:** Beef-a-Roni w/ Whole Wheat Noodles, Tossed Salad, Cucumbers & Tomatoes, Mixed Fruit & Milk

## Wednesday

**Breakfast:** Whole Grain Buttered Grits, Cheese & Milk

**Lunch:** Chicken Nuggets, Buttered Mashed Potatoes, Green Beans, Steamed Carrots, Mixed Fruit & Milk

## Thursday

**Breakfast:** Whole Wheat Pancakes, Apple Slices & Milk

**Lunch:** Creamy Mushroom Beef Meatballs, Whole Grain Brown Rice, Mixed Vegetables, Mixed Fruit & Milk

## Friday

**Breakfast:** Whole Multigrain Cheerios Cereal, Bananas & Milk

**Lunch:** Honey Baked Turkey & Cheese Sandwich w/ Whole Wheat Bread, Tossed Salad, Cucumbers & Tomatoes, Mixed Fruit & Milk

**Daily menus are subject to change. Special dietary notes on nutritional values:**

- All juices are 100% fruit juices.
- Unflavored 1% or unflavored skim milk is served to students two years of age and above.
- Unflavored whole milk is served to students one year of age.

