

GACDC Weekly Menu

JULY 29, 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.

