

Lunch Menu September 2024



Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



Questions or Comments?

Neal Cunningham
505-721-1127
ncunning@gmcs.org

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Lunch Popcorn Chicken Green Beans Diced Peas Milk Snack Graham Cracker/Juice	4 Lunch Sunbutter & Jelly Sand Crinkle Cut Carrots Applesauce Milk Snack Cucumber Slices/Juice	5 Lunch Bean & Cheese Burrito Spanish Rice Mandarin Oranges Milk Snack Yogurt w/Blueberries	6 Lunch Cheese Pizza Potato Tots Fresh Orange Slices Milk Snack Goldfish Cracker/Juice
9 Lunch Cheeseburger Straight Cut Fries Applesauce Milk Snack Cucumber Slices/Juice	10 Lunch Turkey & Gravy Mashed Potatoes Diced Peas Milk Snack Animal Cracker/Juice	11 Lunch Chicken Noodle Soup w/Crackers Fresh Orange Slices Milk Snack Diced Peas/Juice	12 Lunch Spaghetti w/Meat Sauce Bread Stick Diced Peaches Milk Snack Applesauce w/Graham Cr	13 Lunch Turkey Ham & Ch. Sand. Cooked Baby Carrots Fresh Apple Slices Milk Snack Yogurt w/Banana
16 Lunch Chicken Alfredo w/Bread Stick Sweet Peas/Applesauce Milk Snack Goldfish Cracker/Juice	17 Lunch Cheese Quesadilla Refried Beans Mandarin Oranges Milk Snack Sliced Apples/Sunbutter	18 Lunch Turkey Dog Tater Tots Diced Peaches Milk Snack Fruit Mix/Juice	19 Lunch Chicken Nuggets Crinkle Cut Carrots Applesauce Milk Snack Graham Cracker/Juice	20 Lunch Cheese Pizza Steamed Broccoli Mandarin Oranges Milk Snack Cinn. Toast Stick/Juice
23 Lunch Turkey & Cheese Sand Green Beans Fresh Orange Slices Milk Snack Dry Apple Jacks/Juice	24 Lunch Chicken Fried Rice w/Crackers Applesauce Milk Snack Goldfish Pretzel/Juice	25 Lunch Beef Taco-Flour Tortilla Spanish Rice Diced Peaches Milk Snack Applesauce/Cracker	26 Lunch Grilled Cheese Cooked Carrot Sticks Cucumber Slices Milk Snack Yogurt w/Banana	27 Lunch Sunbutter & Jelly Sand Sweet Potato Diced Peas Milk Snack Graham Cracker w/Juice
30 Lunch Macaroni & Cheese Steamed Broccoli Mixed Fruit Milk Snack Dry Cheerios Cereal/Juice				

Breakfast Menu September 2024



Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



Questions or Comments?

Neal Cunningham

505-721-1127

ncunning@gmcs.org

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Breakfast Kix Cereal Applesauce Milk Snack Fresh Banana Slices Milk	4 Breakfast Pancakes Diced Peaches Milk Snack Toast Strips Milk	5 Breakfast Oatmeal Cereal w/Raisins Milk Snack Graham Cracker Milk	6 Breakfast Cheerios Cereal Toast Strips Milk Snack Diced Pears Milk
9 Breakfast Vanilla Yogurt Fresh Banana Milk Snack Apple Muffin Milk	10 Breakfast Boiled Eggs Toast Strips Milk Snack Fresh Orange Slices Milk	11 Breakfast Kix Cereal Applesauce Milk Snack Goldfish cracker Milk	12 Breakfast Waffles Turkey Sausage Milk Snack Fresh Banana Slices Milk	13 Breakfast Apple Jacks Cereal Diced Pears Milk Snack Goldfish Pretzels Milk
16 Breakfast Cream of Wheat Cereal Fresh Apple Slices Milk Snack Animal Crackers Milk	17 Breakfast Pancakes Turkey Sausage Milk Snack Graham Cracker Milk	18 Breakfast Cinnamon Toast Apple Sauce Milk Snack Dry Cheerios Cereal Milk	19 Breakfast Scrambled Eggs Tortilla Milk Snack Diced Peaches Milk	20 Breakfast Cheerios Cereal Diced Pears Milk Snack Vanilla Yogurt Graham Cracker
23 Breakfast Oatmeal Cereal w/Raisins Milk Snack Diced Pears Milk	24 Breakfast Vanilla Yogurt Graham Cracker Milk Snack Blueberry Muffin Milk	25 Breakfast Boiled Eggs Toast Strips Milk Snack Goldfish Crackers Milk	26 Breakfast Apple Jacks Cereal Fresh Orange Slices Milk Snack Cinnamon Toast Milk	27 Breakfast Waffles Diced Peaches Milk Snack Goldfish Pretzel Milk
30 Breakfast Scrambled Eggs Potato Tots Milk Snack Goldfish Cracker Milk				