

Goochland Nutrition Program – September 2018 Elementary Menu

 <p>SCHOOL NUTRITION ASSOCIATION</p>	<p>BREAKFAST SERVED DAILY</p> 			<p>PAY ONLINE www.MyPaymentsPlus.com</p> <p>MyPaymentsPlus app now available in the Apple® App Store™</p>	<p>BREAKFAST Served Every Day Bagel with cream cheese, Assorted Whole Grain Cereal & Toast. Includes Juice and Milk.</p> <p>DAILY BREAKFAST SPECIALS: Monday- Blueberry Mini Waffles or Chicken Biscuit Tuesday –Chicken and Waffle Bites or Sausage Biscuit Wednesday – Cinni -mini or Chicken Biscuit Thursday – Pillsbury® Crescent or Sausage Biscuit Friday – Bacon & Egg Biscuit or Muffin</p> <p>Meal Prices Students: Breakfast \$1.30 Lunch \$2.85 Adults: Breakfast \$1.85 Lunch \$4.00</p> <p>PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE FREE AND REDUCED APPLICATIONS ALWAYS AVAILABLE 556-5604</p> <p>All of our cafeteria staff members are certified in ServSafe®</p>
<p>LABOR DAY SCHOOLS CLOSED</p>	<p>4 Mama Rosa's Pepperoni Pizza Turkey & Cheese Sub/lettuce & tomato Chef Salad/ bread stick/roll Yogurt/string cheese/granola Choose Up To Two Veggies Steamed Green Beans Steamed Carrots Choose One Fruit Mandarin Oranges / 100% Juice Milk</p>	<p>5 Breakfast For Lunch French Toast w/sausage Maxstix w/marinara sauce Chef Salad/ bread stick/roll Yogurt/string cheese/ granola Choose Up To Two Veggies Fresh Carrots w/ranch dip Oven Fried Potatoes Choose One Fruit Pineapples / 100% Juice Milk</p>	<p>6 Brookwood BBQ on a bun Mini Corn Dogs Chef Salad/ bread stick/roll Yogurt/string cheese/ granola Choose Up To Two Veggies Seasoned Potato Sticks Steamed Broccoli Baked Beans Choose One Fruit Assorted Fresh Fruit Milk</p>	<p>7 Macaroni & Cheese/roll Chicken Nuggets/roll Chef Salad/ bread stick/roll Yogurt/string cheese/banana or zucchini bread Choose Up To Two Veggies Baked Sweet Potato Puffs Steamed Green Peas Choose One Fruit Pears / 100% Juice Milk</p>	<p>myPayments plus www.MyPaymentsPlus.com</p> <p>You will need your student's ID led by a zero (0)</p> <p>Free registration gives you 24/7 access to:</p> <ul style="list-style-type: none"> • Student cafeteria balances and purchase history • Prepayments for breakfast/lunch, with auto-pay capability • Low balance e-mail reminders
<p>10 Steakburger Crispy Chicken Sandwich/bun Chef Salad/bread stick or roll Yogurt/cheese stick/granola Choose Up To Two Veggies Sweet Potato Waffle Fries Baked Beans Choose One Fruit Applesauce or 100% Fruit Juice Milk</p>	<p>11 Uno's Pepperoni Pizza Country Fried Beefsteak Bites/roll Chef Salad/ bread stick/roll Yogurt/cheese stick/granola Choose Up To Two Veggies Steamed Green Beans Carrots & Grape Tomatoes/ranch dressing Choose One Fruit Watermelon or Peaches Milk</p>	<p>12 Breakfast For Lunch Mini Eggo® French Toast/sausage Chicken Nuggets /roll Chef Salad/ bread stick/roll Yogurt/string cheese/ granola Choose Up To Two Veggies Oven Roasted Potatoes Fresh Kale Choose One Fruit Mandarin Oranges or 100% Fruit Juice Milk</p>	<p>13 Cherry Blossom Chicken/to mein Corn Dog Minis Chef Salad/bread stick/roll Choose Up To Two Veggies Steamed Cauliflower, Broccoli and Carrots Choose One Fruit Cucumber -Tomato Salad Diced Pears or Pineapples Milk</p>	<p>14 Macaroni & Cheese Turkey Hot Dog/Chili Sauce/bun Chef Salad/ bread stick/roll Yogurt/cheese stick/banana or zucchini bread Choose Up To Two Veggies Fiesta Black Beans Steamed Broccoli Choose One Fruit Fresh Orange or 100% Fruit Juice & Milk</p>	<p>NO SCHOOL TODAY</p> <p>National School Lunch Week Coming in October – 15th thru 19th</p>
<p>17 Lasagna Roll-Up/breadstick Brookwood BBQ/bun Chef Salad/ bread stick or roll Choose Up To Two Veggies Steamed Yellow Corn Garden Salad Choose One Fruit Blueberries or Fresh Cantaloupe Milk</p>	<p>18 Nardone's Pepperoni or Cheese Pizza Chicken Salad Wrap Chef Salad/ bread stick or roll Choose Up To Two Veggies Grape Tomatoes/ranch dip Seasoned Green Beans Choose One Fruit Jello w/fruit or 100% Fruit Juice</p>	<p>19 Breakfast For Lunch French Toast Sticks w/sausage Pizza Crunchers Chef Salad/ bread stick or roll Yogurt/cheese stick/granola Choose Up To Two Veggies Hash Brown Potatoes Cucumber/Tomato salad Choose One Fruit Mandarin Oranges / Apples Milk</p>	<p>20 Ham/Turkey Combo Sub Maxstix w/marinara Chef Salad/ bread stick or roll Yogurt/cheese stick/granola Choose Up To Two Veggies Steamed Broccoli Steamed Green Peas Choose One Fruit Pears or 100% Fruit Juice Milk</p>	<p>21 Macaroni & Cheese/roll Chicken Nuggets/roll Chef Salad/ bread stick/roll Yogurt/string cheese/banana or zucchini bread Choose Up To Two Veggies Baked Sweet Potato Puffs Steamed Green Peas Choose One Fruit Pears / Fruit Pearls (iced fruit treat)</p>	<p>DID YOU KNOW?? If you receive free or reduced lunch, you will also receive free or reduced breakfast! Call 804-556-5604 with any questions.</p>
<p>24 BBQ Honey Pork Patty/bun Turkey Corn Dog Chef Salad/ bread stick or roll Yogurt/string cheese/ granola Choose Up To Two Veggies Steamed Sweet Corn Seasoned Greens Choose One Fruit Applesauce / 100% Juice Milk</p>	<p>25 Mama Rosa's Pepperoni Pizza Turkey & Cheese Sub/lettuce & tomato Chef Salad/ bread stick/roll Yogurt/string cheese/granola Choose Up To Two Veggies Steamed Green Beans Steamed Carrots Choose One Fruit Mandarin Oranges / 100% Juice</p>	<p>26 Breakfast For Lunch French Toast w/sausage Maxstix w/marinara sauce Chef Salad/ bread stick/roll Yogurt/string cheese/ granola Choose Up To Two Veggies Fresh Carrots w/ranch dip Oven Fried Potatoes Choose One Fruit Red Grapes / 100% Juice Milk</p>	<p>27 Brookwood BBQ on a bun Mini Corn Dogs Chef Salad/ bread stick/roll Yogurt/string cheese/ granola Choose Up To Two Veggies Seasoned Potato Sticks Steamed Broccoli Baked Beans Choose One Fruit Assorted Fresh Fruit Milk</p>	<p>28 Macaroni & Cheese/roll Chicken Nuggets/roll Chef Salad/ bread stick/roll Yogurt/string cheese/banana or zucchini bread Choose Up To Two Veggies Baked Sweet Potato Puffs Steamed Green Peas Choose One Fruit Pears / Fruit Pearls (iced fruit treat)</p>	

Got Milk? – Fat Free White and Flavored Milk Is included in every meal.

Lactose Free and Soy Milk available

Goochland Nutrition Program September 2018 Secondary Menu

3 <i>Schools Closed</i> <i>Labor Day Holiday</i>	4 Chicken Wings/roll Turkey Hot Dog on a bun Ranch Chicken Wrap Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Steamed Green Beans Steamed Carrots Seasoned Curly Fries Mandarin Oranges or 100% Juice Milk	5 *Burrito Bowl Line Buffalo Chicken Sandwich Cheeseburger Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Baked Beans Baked French Fries Steamed Kale Applesauce or 100% Juice Milk	6 Crispy Chicken Sandwich Mini Corn Dogs Grilled Cheese Sandwich Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Steamed Broccoli Seasoned Baked Potato Steamed Sweet Corn Assorted Fresh Fruit Milk	7 Honey BBQ Rib Sandwich Chicken Nuggets/roll Meatball & Mozzarella Wrap Salad Bar/bread stick Yogurt/string cheese/banana or zucchini bread <i>Choose Two Veg. & Two Fruit</i> Baked Sweet Potato Fries Steamed Cabbage Sliced Cucumbers/ranch dip Pears or 100% Juice Milk	BREAKFAST Served Every Day Yogurt and Assorted Whole Grain Cereal & Toast. Includes Juice or Fruit and Milk. DAILY BREAKFAST SPECIALS: Monday- Blueberry Mini Waffles, Chicken or Sausage Biscuit Tuesday -French Toast, Chicken or Sausage Biscuit Wednesday - Cinni-mini, Chicken or Sausage Biscuit Thursday - Pancakes, Chicken or Sausage Biscuit Friday - Egg and Bacon on a Biscuit, Fruit Wrap Meal Prices Students: Breakfast \$1.35 Lunch \$2.95 Adults: Breakfast \$1.85 Lunch \$4.00 PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE FREE AND REDUCED APPLICATIONS ALWAYS AVAILABLE 556-5604  www.mypaymentsPlus.com  NEW! PERSONAL SIZE PIZZA SERVED DAILY IN THE HIGH SCHOOL and MIDDLE SCHOOL! MAKE IT A MEAL WITH VEGGIE FRUIT AND MILK Every Wednesday in GMS and GHS cafeterias.....  Served Daily Assorted Deli Wraps Salad Fresh Fruit Yogurt or Hummus Meal
10 Turkey Bacon Cheeseburger Ragin' Cajun Spicy Sausage on a bun Max Stix/marinara sauce Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Fries Steamed Turnip Greens Fresh Carrots Red Grapes, 100% Fruit Juice	11 Tempura Chicken Nuggets/freshly baked roll Pretzel Dog Taco Wrap Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Green Beans Carrots & Grape Tomatoes/ranch dressing Fresh Apples and Pears Milk	12 *Sub Sandwich Line Popcorn Chicken/roll Country Fried Beefsteak Bites BBQ on a bun/slaw Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Baked Fries Stewed Tomatoes Fresh Kale Mandarin Oranges 100% Juice Milk	13 Sweet and Sour Chicken/lo mein Baked Corn Dog Nuggets Meatball & Mozzarella Wrap Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Fresh Broccoli Orange Carrots Scalloped Potatoes Applesauce 100% Fruit Juice Milk	14 Macaroni & Cheese Crispy Chicken Sandwich Tuna Salad/crackers Salad Bar/breadstick Yogurt/string cheese/banana or zucchini bread <i>Choose Two Veg. & Two Fruits</i> Baked Beans Cucumber/Tomato Salad Mixed Fruit and 100% Fruit Juice Milk	
17 BBQ Rib Sandwich Turkey Corn Dog Pepperoni Pinwheel Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Lightly Buttered Corn Baked Fries Baby Carrots/ranch dip Watermelon, Fresh Apples, 100% Fruit Juice Milk	18 Potato Crunch Fish Sandwich Steakburger w/cheese Spicy Chicken Sandwich Salad Bar/breadstick Yogurt/cheese/granola <i>Choose Two Veg. & Two Fruits</i> Onion Rings Baked Beans Orange Glazed Fresh Carrots Pineapples, 100% Fruit Juice Milk	19 *Asian Bowl Line Turkey Hot Dog/chili sauce Buffalo Chicken Sandwich Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Steamed Broccoli Szechuan Green Beans Sidewinder Fries Mandarin Oranges, 100% Fruit Juice Milk	20 Lasagna Roll-Up Mini Corn Dogs Chicken Nuggets Garlic Bread Salad Bar/breadstick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruits</i> Side Salad Potato Sticks Grape Tomatoes/ranch dip Cinnamon Applesauce Milk	21 NO SCHOOL TODAY	
24 Brookwood BBQ/bun/slaw Chicken Parmesan Grilled Cheese Sandwich Salad Bar/breadstick Yogurt/cheese stick/granola <i>Choose Two Veg. & Two Fruits</i> Potato Sticks Steamed Yellow Corn Steamed Fresh Broccoli Blueberries and Fresh Melon Milk	25 Chicken Wings/roll Turkey Hot Dog on a bun Ranch Chicken Wrap Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Steamed Green Beans Steamed Carrots Seasoned Curly Fries Mandarin Oranges or 100% Juice Milk	26 *Fajita Bowl Buffalo Chicken Sandwich Cheeseburger Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Baked Beans Baked French Fries Steamed Kale Applesauce or 100% Juice Milk	27 Crispy Chicken Sandwich Mini Corn Dogs Grilled Cheese Sandwich Salad Bar/bread stick Yogurt/string cheese/granola <i>Choose Two Veg. & Two Fruit</i> Baby Carrots Sidewinder Fries Steamed Sweet Corn Assorted Fresh Fruit Milk	28 Honey BBQ Rib Sandwich Chicken Nuggets/roll Meatball & Mozzarella Wrap Salad Bar/bread stick Yogurt/string cheese/banana or zucchini bread <i>Choose Two Veg. & Two Fruit</i> Baked Sweet Potato Fries Steamed Cabbage Sliced Cucumbers/ranch dip Pears or 100% Juice Milk	

USDA is an equal opportunity provider and employer.

GOT MILK? – Fat Free White Milk and Fat Free Flavored Milk is included in every meal.
 Lactose Free and Soy Milk Available