



Garner-Hayfield-Ventura Middle School Lunch Menu

September
2023

Daily Selection of Fresh Fruits & Seasonal Vegetables

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Taher Pizza Parlor</p> <p>BBQ Chicken Sandwich</p> <p>Pretzel Bites Yogurt Pak Munchable</p> <p>Steamed Peas</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>
<p>4</p> <p>NO SCHOOL- LABOR DAY!</p>	<p>5</p> <p>Sloppy Joe on a Bun</p> <p>Beef Hot Dog on a Bun</p> <p>Chicken Caesar Wrap</p> <p>Kettle Potato Chips</p> <p>Baked Beans</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>6</p> <p>French Toast or Waffle Sticks</p> <p>Sausage Patty</p> <p>Hot Ham & Cheese Panini</p> <p>Chicken Caesar Wrap</p> <p>Roasted Asparagus</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>7</p> <p>Orange Chicken</p> <p>Fried Rice</p> <p>Chicken Potstickers</p> <p>Fried Rice</p> <p>Chicken Caesar Wrap</p> <p>Stir Fry Vegetable</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>8</p> <p>Turkey Piegga</p> <p>Corn Dog</p> <p>Chicken Caesar Wrap</p> <p>Garlic & Herb Broccoli</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>
<p>11</p> <p>Spicy or Regular Chicken Patty</p> <p>Cheeseburger on a Bun</p> <p>Harvest Chicken Salad</p> <p>Mini Rice Krispie Treat</p> <p>Glazed Carrots</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>12</p> <p>Beef Chili w/ Homemade Cheddar Cornbread</p> <p>Grilled Cheese Sandwich</p> <p>Kettle Potato Chips</p> <p>Harvest Chicken Salad</p> <p>California Blend Vegetable</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>13</p> <p>Crispy Chicken Tenders</p> <p>Whole Grain Dinner Roll</p> <p>Cubano on a Sub Roll</p> <p>Harvest Chicken Salad</p> <p>Steamed Corn</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>14</p> <p>Walking Taco</p> <p>Bean & Cheese Quesadilla</p> <p>Harvest Chicken Salad</p> <p>Ranch Black Beans</p> <p>Pineapple Radish Pico</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>15</p> <p>Taher Pizza Parlor</p> <p>Fish Sandwich with Cheese</p> <p>Harvest Chicken Salad</p> <p>Peas & Carrots</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>
<p>18</p> <p>Macaroni & Cheese</p> <p>Garlic Breadstick</p> <p>Chicken Bacon Alfredo</p> <p>Flatbread</p> <p>Ham and Turkey Sub</p> <p>Mixed Vegetables</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>19</p> <p>Carnita Nachos</p> <p>Chicken & Cheese Quesadilla</p> <p>Ham and Turkey Sub</p> <p>Refried Beans</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>20</p> <p>Crispy Chicken Nuggets</p> <p>Tater Tots</p> <p>Hot Ham and Cheese on a Bun</p> <p>Ham and Turkey Sub</p> <p>Chef's Choice Veggie</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>21</p> <p>Breakfast Sandwich</p> <p>Pancake on a Stick</p> <p>Ham and Turkey Sub</p> <p>Breakfast Potatoes</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>22</p> <p>BBQ Pulled Pork on Pretzel Bun</p> <p>Taher Cheese Pizza</p> <p>Ham and Turkey Sub</p> <p>Steamed Broccoli and Cauliflower w/ Cheese Sauce</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>
<p>25</p> <p>Sweet and Sour Meatballs</p> <p>Brown Rice</p> <p>Spicy Chicken Patty on Bun</p> <p>Beef Taco Salad</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>26</p> <p>Meatloaf</p> <p>Fish Sticks</p> <p>Beef Taco Salad</p> <p>Mashed Potato w/ Gravy</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>27</p> <p>Italian Pasta Bake</p> <p>Garlic Toast</p> <p>Italian Dunkers w/ Sauce</p> <p>Beef Taco Salad</p> <p>Roasted Italian Vegetables</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>28</p> <p>Pancakes w/ Syrup</p> <p>Scrambled Egg</p> <p>Beef Hot Dog on a Bun</p> <p>Beef Taco Salad</p> <p>Ranch Potato Wedges</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>	<p>29</p> <p>Bacon Cheeseburger on a Bun</p> <p>BBQ Rib Sandwich</p> <p>Beef Taco Salad</p> <p>Baked Beans</p> <p>Fresh Vegetable Selection</p> <p>Fresh/ Canned Fruit Selection</p>

PRICES

TK-4	\$2.80
5-8	\$3.00
9-12	\$3.05
Adult Lunch	\$4.15
Extra Entree	\$2.00

EXTRA INFO

For questions or comments, please contact
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HARVEST OF



THE MONTH

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