



2022-2023 MENU

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

Dates	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/08-08/12 09/05-09/09 10/03-10/07 10/31-11/04 11/28-12/02	<p>5 EA Chicken Nuggets 1/2 Cup Brown Rice OR 1 EA Ham & Cheese Sandwich</p> <p>3/4 Cup Peas OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Mandarin Orange</p>	<p>2 OZ Beef Taco W/ Tortilla Wrap 1 OZ Shredded Cheese & Salsa OR 1 EA Turkey & Cheese Sandwich</p> <p>3/4 Cup Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Pineapple Tidbits</p>	<p>1 EA WG Breaded Fish Sandwich W/ WG Bun & Tartar Sauce OR 1 Cup Beef Chili Bowl W/ 1/2 Cup Brown Rice</p> <p>3/4 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Diced Pears</p>	<p>2 OZ Pulled Pork Carnitas W/ 1/2 Cup Brown Rice OR 1 EA Chicken Patty Sandwich W/ WG Bun</p> <p>3/4 Cup Carrots OR 3/4 Cup Local Cucumber Salad</p> <p>1/2 Cup Diced Peaches</p>	<p>1 EA WG Cheese Pizza OR 1 EA Tuna Salad on WG Bread</p> <p>3/4 Cup Green Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Fruit Mix</p>
08/15-08/19 09/12-09/16 10/10-10/14 11/07-11/11 12/05-12/09	<p>1 Cup Chicken Ala King 1/2 Cup Brown Rice OR 1 EA Hamburger W/ WG Bun</p> <p>3/4 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Mandarin Orange</p>	<p>2 OZ Beef Taco Salad 10 PCS Tortilla Chips 2 OZ Cheese Sauce & 1 OZ Salsa OR 1 EA Ham & Cheese Sandwich</p> <p>3/4 Cup Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Pineapple Tidbits</p>	<p>Chicken Tender Bowl 1/2 Cup Mashed Potato 2 OZ Gravy OR 1 EA Meatball Sub on WG Hot Bun</p> <p>3/4 Cup Broccoli OR 1 1/2 Local Salad W/ Assorted Dressing</p> <p>3/4 Cup Diced Peaches</p>	<p>4 PCS Bistek 1/2 Cup Brown Rice OR Turkey & Cheese Sandwich</p> <p>3/4 Cup Green Beans OR 3/4 Cup Local Cucumber Salad</p> <p>1/2 Cup Diced Pears</p>	<p>1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread</p> <p>3/4 Cup Corn OR 1 1/2 Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Fruit Mix</p>
08/22-08/26 09/19-09/23 10/17-10/21 11/14-11/18 12/12-12/16	<p>1 EA Beef Hot Dog W/ Chili Beans on a WG Bun OR 1 Cup Ham Macaroni & Cheese</p> <p>3/4 Cup Potato Wedges OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Mandarin Orange</p>	<p>2 OZ Chicken Taco W/ Tortilla Wrap and Salsa 1 OZ Shredded Cheese OR 1 EA Ham, Turkey, and Cheese Sandwich</p> <p>3/4 Cup Black Beans OR 1 1/2 Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Pineapple Tidbits</p>	<p>1 EA Cheeseburger W/ WG Bun OR 12 PCS General Tso's Chicken W/ 1/2 Cup Brown Rice</p> <p>3/4 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Diced Pears</p>	<p>Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy 1/2 Cup Brown Rice OR 1 EA Corn Dog</p> <p>3/4 Cup Green Beans OR 3/4 Cup Local Cucumber Salad</p> <p>1/2 Cup Diced Pears</p>	<p>1 EA WG Cheese Pizza OR 1 EA Tuna Salad on WG Bread</p> <p>3/4 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Fruit Mix</p>
08/29-09/02 09/26-09/30 10/24-10/28 11/21-11/25	<p>2 OZ Spaghetti Meat Sauce W/ 1/2 Cup Spaghetti Noodles OR 1 EA Pork Rib Patty W/ WG Bun</p> <p>3/4 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Mandarin Orange</p>	<p>2 OZ Chicken Taco Meat W/ Salsa and 1/2 Cup Brown Rice 1/2 OZ Shredded Cheese OR 1 EA Salisbury Steak W/ 1/2 Cup Brown Rice & 2 OZ Gravy</p> <p>3/4 Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Pineapple Tidbits</p>	<p>1 EA Breaded Chicken Patty W/ WG Bun OR 1 EA Ham & Cheese Sandwich</p> <p>3/4 Cup Chili Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Diced Peaches</p>	<p>1 Cup Beef & Broccoli 1/2 Cup Brown Rice OR 1 EA Turkey & Cheese Sandwich</p> <p>3/4 Cup Green Beans OR 3/4 Cup Local Cucumber Salad</p> <p>1/2 Cup Diced Pears</p>	<p>1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread</p> <p>3/4 Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing</p> <p>1/2 Cup Fruit Mix</p>