



2021-2022 MENU

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

Build your tray THE healthy way!

START WITH A:

- Vegetable
- or
- Fruit

Better yet, choose both!

- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least 3 food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
01/03 - 01/07 01/31 - 02/04 02/28 - 03/04 04/04 - 04/08 05/02 - 05/06	4 OZ Spaghetti Meat Sauces 1 Cup Spaghetti Noodles 3/4 Cup Potato Wedges 1/2 Cup Mandarin Oranges Assorted Milk	3 OZ EZ Bistek 1/2 Cup Brown Rice 3/4 Cup Broccoli 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each Breaded Chicken Patty 1 Each WW Bun 3/4 Cup Chili Beans 1/2 Cup Fruit Mix Assorted Milk	Eggless Loco Moco 1 Each Hamburger Patty 1 OZ Gravy 1/2 Cup Brown Rice 3/4 Cup Carrots 1/2 Cup Diced Pears Assorted Milk	1 Each Cheese Pizza 3/4 Cups Green Beans 1/2 Cup Diced Peaches Assorted Milk
01/10 - 01/14 02/07 - 02/11 03/07 - 03/11 04/11 - 04/15 05/09 - 05/13	1 Each Beef Hot Dog 1 Each Hamburger Bun 3/4 Cup California Blend 1/2 Cup Mandarin Oranges Assorted Milk	5 Each Chicken Nuggets 1/2 Cup Brown Rice 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	2 OZ Sloppy Joe 1 Each Hamburger Bun 3/4 Cup Pinto Beans 1/2 Cup Fruit Mix Assorted Milk	3/4 Cup Chili 1 Cup Brown Rice 3/4 Cup Potato Wedges 1/2 Cup Diced Pears Assorted Milk	1 Each Fish Patty 1/2 Cup Brown Rice Tartar Sauce 3/4 Cup Broccoli 1/2 Cup Diced Peaches Assorted Milk
01/17 - 01/21 02/14 - 02/18 03/21 - 03/25 04/18 - 04/22 05/16 - 05/20	7 oz Northern Cheeseburger Pasta 3/4 Cup Potato Wedges 1/2 Cup Mandarin Oranges Assorted Milk	2 OZ Beef Taco Meat 1 Each WG Tortilla Shell 1 OZ Shredded Cheese 1 oz Salsa 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each Pork Rib Patty 1 Each Hamburger Bun 3/4 Cup Chili Beans 1/2 Cup Fruit Mix Assorted Milk	3 PC Chicken Tender Bowl 1/2 Cups Mashed Potato 1 OZ Gravy 3/4 Cup Green Beans 1/2 Cup Diced Pears Assorted Milk	1 Each Cheese Pizza 3/4 Cup Broccoli 1/2 Cup Diced Peaches Assorted Milk
01/24 - 01/28 02/21 - 02/25 03/28 - 04/01 04/25 - 04/29 05/23 - 05/27	1 Each Pepperoni Pizza 3/4 Cup Chili Beans 1/2 Cup Mandarin Oranges Assorted Milk	1 EA Beef Salisbury Steak 1 OZ Gravy 1/2 Cup Brown Rice 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 Each BBQ Grilled Chicken Patty 1 Each WG Bun 3/4 Cup Green Beans 1/2 Cup Fruit Mix Assorted Milk	2oz Pulled Pork 1/2 Cup Brown Rice 3/4 Cup Corn 1/2 Cup Diced Pears Assorted Milk	1 Each Fish Patty 1 Each Hamburger Bun 3/4 Cup Broccoli 1/2 Cup Diced Peaches Assorted Milk

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2011-2022 MENU

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Build *your* tray
THE healthy way!

take at least **3** food groups!

- START WITH A:**
- Vegetable
 - or
 - Fruit
- Better yet, choose both!*
- Choose whole grains
 - Pick a lean protein
 - Add a serving of dairy



What's on your tray today?

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01/03 - 01/07 01/31 - 02/04 02/28 - 03/04 04/04 - 04/08 05/02 - 05/06	4 OZ Spaghetti Meat Sauce 1 Cup Spaghetti Noodles OR Turkey Sandwich (3 Slices Turkey, 2 Slices Cheese & 2 Slices Bread) 1 Cup Potato Wedges OR 1 Cup Peas & Carrots 1 Cup Mandarin Oranges	5 OZ EZ Bistek 1 Cup Brown Rice OR 1 Each Chicken Corn Dog 1 Cup Broccoli OR 1 Cup Peas 1 Cup Pineapple Tidbits	1 Each Breaded Chicken Patty 1 Each WW Bun OR 1 Each Grilled Chicken Patty 1 Cup Chili Beans OR 1 Cup Potato Wedges 1 Cup Fruit Mix	Eggless Loco Moco 1 Each Hamburger Patty 1 OZ Gravy 1 Cup Brown Rice OR 1 Each Pork Rib Patty 1 Each Hot Dog Bun 1 Cup Carrots OR 1 Cup Mix Vegetables 1 Cup Diced Pears	1 Each Cheese Pizza OR 2 oz Tuna Salad 1 Each Pita Bread 1 Cup Green Beans OR 1 Cup Peas & Carrots 1 Cup Peaches
01/10 - 01/14 02/07 - 02/11 03/07 - 03/11 04/11 - 04/15 05/09 - 05/13	1 Each Beef Hot Dog 1 Each WW Bun OR Ham Sandwich (3 Slices Ham, 2 Slices Cheese & 2 Slices Bread) 1 Cup California Blend OR 1 Cup Peas 1 Cup Mandarin Oranges	5 Each Chicken Nuggets 1 Cup Brown Rice OR 2 oz Pulled Pork 1 Each Hamburger Bun 1 Cup Carrots OR 1 Cup Mixed Vegetables 1 Cup Pineapple Tidbits	2 oz Sloppy Joe 1 Each Hamburger Bun OR 3 OZ Chicken Alfredo 1/2 Cup Spaghetti Noodles 1 Each Dinner Roll 1 Cup Pinto Beans OR 1 Cup Peas & Carrots 1 Cup Fruit Mix	3/4 Cup Chili 1 Cup Brown Rice OR 1 Each BBQ Grilled Chicken 1 Each Hamburger Bun 1 Cup Potato Wedges OR 1 Cup Peas 1 Cup Diced Pears	Fish Patty 1 Cup Brown Rice Tartar Sauce OR 1 Hamburger Patty 1 Each WW Bun 1 Cup Broccoli OR 1 Cup Corn 1 Cup Peaches
01/17 - 01/21 02/14 - 02/18 03/21 - 03/25 04/18 - 04/22 05/16 - 05/20	11 oz Northern Cheeseburger Pasta OR 4 Each Beef Dippers 1 Cup Brown Rice 1 Cup Potato Wedges OR 1 Cup Mixed Vegetables 1 Cup Mandarin Oranges	2 OZ Beef Taco Meat 1 Each WG Tortilla Shell 1 OZ Shredded Cheese 1/2 Cup Brown Rice OR 7 oz Macaroni Pasta 1 Cup Carrots OR 1 Cup California Blend 1 Cup Pineapple Tidbits	1 Each Pork Rib Patty 1 Each Hot Dog Bun OR 5 Each Meatballs 1/2 Cup Marinara Sauce 1 Cup WW Spaghetti Noodles 1 Cup Chili Beans OR 1 Cup Potato Wedges 1 Cup Fruit Mix	3 PC Chicken Tender Bowl 1/2 Cup Mashed Potato 1 OZ Gravy 1 Each Dinner Roll OR Turkey Sandwich (3 Slices Turkey, 2 Slices Cheese & 2 Slices Bread) 1 Cup Green Beans OR 1 Cup Peas 1 Cup Diced Pears	1 Each Cheese Pizza OR 1 Each Breaded Chicken Patty 1 Each Hamburger Bun 1 Cup Broccoli OR 1 Cup Peas & Carrots 1 Cup Peaches
01/24 - 01/28 02/21 - 02/25 03/28 - 04/01 04/25 - 04/29 05/23 - 05/27	1 Each Pepperoni Pizza OR 1 Cheeseburger (1 Each Hamburger Patty, 1 Slice Cheese & 1 WW Bun) 1 Cup Chili Beans OR 1 Cup Potato Wedges 1 Cup Mandarin Oranges	3 OZ Beef Salisbury Steak 1 Cup Brown Rice 1 OZ Gravy OR Ham Sandwich (3 Slices Ham, 2 Slices Cheese & 2 Slices Bread) 1 Cup Carrots OR 1 Cup Mixed Vegetables 1 Cup Pineapple Tidbits	1 Each BBQ Grilled Chicken Patty 1 Each WG Bun OR 1 Each Beef Hot Dog 1 Each Hot Dog Bun 1 Cup Green Beans OR 1 Cup Peas & Carrots 1 Cup Fruit Mix	2oz Pulled Pork 1 Cup Brown Rice OR 5 Each Chicken Nuggets 1 Cup Brown Rice 1 Cup Corn OR 1 Cup Peas 1 Cup Diced Pears	1 Each Fish Patty 1 Each WW Bun Tartar Sauce OR 2 OZ Tuna Salad 1 Each Pita Bread 1 Cup Broccoli OR 1 Cup Peas and Carrots 1 Cup Peaches

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