


# GEMS MENUS

	First Day! Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
<p>Encourage your child to fuel up with a nutritious breakfast and lunch each day at <u>no cost to students!</u> Please send money for your child's meal account if they wish to purchase a la carte or extra items. <u>Adult</u> meal prices are \$2.50 for breakfast and \$3.50 for lunch.</p>	<p>Breakfast Pizza (22) or Fruit &amp; Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p> <p>Hamburger (1) on Bun (25), Cheese (1) Fresh Romaine Lettuce &amp; Tomato, ½ c. (0.6), Onion 1/8 c. Potato Smiles, ½ c. (28) Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p> <p>Chicken Strips, 3 (20) Steamed Broccoli, ½ c. (5) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>Breakfast Burrito (23) &amp; Toast (18) &amp; Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p> <p>Stuffed Crust Pizza (36) Golden Corn, ½ c. (16) Mixed Green Salad, ¾ c. (4) Green Beans, ½ c. (4) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p> <p>Pork BBQ (*) on Bun (25) Golden Corn, ½ c. (16) Baby Carrots &amp; Celery Sticks, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>
<b>Monday, August 14</b>	<b>Tuesday, August 15</b>	<b>Wednesday, August 16</b>	<b>Thursday, August 17</b>	<b>Friday, August 18</b>
<p>Eggo Mini Pancakes (35) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit &amp; Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Burrito (23) &amp; Toast (18) &amp; Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>
<p>Mini Corn Dogs, 6 (30) or Pizza (36) or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)</p>	<p>Salisbury Steak (2)/Gravy (5) Or Hamburger (1) on Bun (25) or Salad Bar Seasoned Carrots, ½ c. (*) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit (~15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Chicken Strips (*) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Cauliflower &amp; Red Peppers, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (11-22)</p>	<p>Taco Meat (*) &amp; Shredded Cheese (1) Or Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce &amp; Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>BREAKFAST FOR LUNCH Sausage &amp; Eggs Biscuit (26) &amp; Gravy (*) or Salad Bar (*) Potato Cubes, ½ c. (*) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)</p>
<b>Monday, August 21</b>	<b>Tuesday, August 22</b>	<b>Wednesday, August 23</b>	<b>Thursday, August 24</b>	<b>Friday, August 25</b>
<p>Eggo Mini Pancakes (35) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit &amp; Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Burrito (23) &amp; Toast (18) &amp; Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>
<p>Hot Dog (2) on Bun (27) Or Pizza (36) or Salad Bar Baked Beans, ½ c. (29) Baked Chips (15-17) Broccoli Florets, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)</p>	<p>New! Chicken (*) on Bun (25) Or Hamburger (1) on Bun (25) or Salad Bar Baked Potato Wedges, ½ c. (*) Green Beans, ½ c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Chicken Strips, 3 (17) &amp; Pancakes (*) &amp; Syrup (*) or Salad Bar Potato Cubes, ½ c. (*) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22)</p>	<p>Pork BBQ (16) on Bun (25) Or Pizza (36) or Salad Bar Golden Corn, ½ c. (16) Baby Carrots &amp; Celery Sticks, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Chicken Quesadilla (*) Or Pizza (36) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Lettuce &amp; Tomato, ¾ c. (4), Sour Cream (*) Fresh Fruit (~15) Pineapple Tidbits, ½ c. (18) Milk (11-22)</p>
<b>Monday, August 28</b>	<b>Tuesday, August 28</b>	<b>Wednesday, August 30</b>	<b>Thursday, August 31</b>	<b>Friday, September 1</b>
<p>Eggo Mini Pancakes (35) &amp; Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit &amp; Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p>Breakfast Burrito (23) &amp; Toast (18) &amp; Jelly (9) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &amp;/or Milk (11-22)</p>	<p><b>NO SCHOOL FOR STUDENTS</b></p>
<p>Mandarin Orange Chicken (19) Or Pizza (36) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla (19) Shredded Lettuce &amp; Tomato, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Lasagna Roll-Up (27) Or Hamburger (1) on Bun (25) or Salad Bar Breadstick (*) Green Beans, ½ c. (4) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Diced Pears, ½ c. (14) Milk (11-22)</p>	<p>Chicken Strips, 4 (22) Or Salad Bar Steamed Broccoli, ½ c. (5) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23*) Milk (11-22)</p>	<p>Beef, Chili, Bean &amp; Cheese Burrito (35) Or Pizza (36) or Salad Bar Stir Fry Vegetables, ½ c. (3) Fresh Veggie Cup, ½ c. (2.5) Fiesta Rice, ½ c. (21) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Numbers in parenthesis next to menu items (**) indicate the grams of carbohydrates.</p> <p>For menu suggestions, please contact Kristy Hodges via email at <a href="mailto:kristy.hodges@grayson.kyschools.us">kristy.hodges@grayson.kyschools.us</a>.</p>