



# SEPTEMBER 2022

## GOLD OAK ELEMENTARY SCHOOL

LUNCH INCLUDES MAIN ENTRÉE, MILK AND SALAD BAR EVERYDAY

BREAKFAST ALSO INCLUDES FRUIT AND MILK EVERYDAY

MENU SUBJECT TO CHANGE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH INCLUDES MAIN ENTRÉE, MILK AND SALAD BAR



Fresh Tossed Salad  
Tomatoes, Carrot Sticks,  
Broccoli, Spinach, Bell Pepper  
Cucumber, Kidney Beans, Garbanzo Beans  
Corn, Peas, Green Beans, Mixed Vegetables  
Variety of fruits (Apples, Bananas, Grapes, Oranges, Fruit Mix, Slice  
Peaches, Diced Pears, Apple Sauce, or Pineapple)



LUNCH  
GRILLED CHEESE  
TATOR TOTS  
NEW GRIZZLY PAW PAK  
SALAD BAR  
BREAKFAST  
PANCAKES  
CEREAL & CRACKER

LUNCH  
CHEESE PIZZA  
PEPPERONI PIZZA  
FROZEN FRUIT CUP  
SALAD BAR  
BREAKFAST  
FRENCH TOASTERS  
CEREAL & CRACKER

HAPPY  
LABOR  
DAY



LUNCH  
CHEESY CALZONE  
SWEET CORN  
CHICKEN CAESAR  
SALAD BAR  
BREAKFAST  
FRUDEL STRUDEL  
CEREAL & CRACKER

LUNCH  
FISH & CHIPS  
CHEDDAR SUN CHIPS  
NEW GRIZZLY PAW PAK  
SALAD BAR  
BREAKFAST  
EGG TORNADO  
CEREAL & CRACKER



LUNCH  
SOFT TACO  
REFRIED BEANS  
HOUSE SALAD  
SALAD BAR  
BREAKFAST  
BREAKFAST BURRITO  
CEREAL & CRACKER

LUNCH  
CHEESE PIZZA  
PEPPERONI PIZZA  
FROZEN FRUIT CUP  
SALAD BAR  
BREAKFAST  
FRENCH TOASTERS  
CEREAL & CRACKER

LUNCH  
PIZZA NADA  
ORIGINAL SUN CHIPS  
HOUSE SALAD  
SALAD BAR  
BREAKFAST  
POWDERED DONUT  
CEREAL & CRACKER



LUNCH  
HOT DOG  
TATOR TOTS  
CHEF SALAD  
SALAD BAR  
BREAKFAST  
TWIN BARS  
CEREAL & CRACKER

LUNCH  
HAM SANDWICH  
CHEX MIX  
NEW GRIZZLY PAW PAK  
SALAD BAR  
BREAKFAST  
MINI PANCAKES  
CEREAL & CRACKER

LUNCH  
TERIYAKI CHICKEN  
BROWN RICE  
CHEF SALAD  
SALAD BAR  
BREAKFAST  
CINNAMON CAKE  
CEREAL & CRACKER



LUNCH  
CHEESE PIZZA  
PEPPERONI PIZZA  
FROZEN FRUIT CUP  
SALAD BAR  
BREAKFAST  
FRENCH TOASTERS  
CEREAL & CRACKER

LUNCH  
CHEESE BURGER  
KRINKLED FRIES  
CHEF SALAD  
SALAD BAR  
BREAKFAST  
TOP OF THE MUFFIN  
CEREAL & CRACKER

LUNCH  
CROISSANT SANDWICH  
GARDEN SALSA CHIPS  
HOUSE SALAD  
SALAD BAR  
BREAKFAST  
CINNAMON BUN  
CEREAL & CRACKER

LUNCH  
PEPPERONI STICKS  
MARINARA SAUCE  
NEW GRIZZLY PAW PAK  
SALAD BAR  
BREAKFAST  
EGG TORNADO  
CEREAL & CRACKER



LUNCH  
MANDARIN CHICKEN  
BROWN RICE  
CHICKEN CAESAR  
SALAD BAR  
BREAKFAST  
TINY WAFFLES  
CEREAL & CRACKER

LUNCH  
CHEESE PIZZA  
PEPPERONI PIZZA  
FROZEN FRUIT CUP  
SALAD BAR  
BREAKFAST  
FRENCH TOASTERS  
CEREAL & CRACKER

LUNCH  
CORN DOG  
CURLY FRIES  
CHICKEN CAESAR  
SALAD BAR  
BREAKFAST  
PANCAKE ON A STICK  
CEREAL & CRACKER



LUNCH  
CHICKEN FAJITAS  
REFRIED BEANS  
CHEF SALAD  
SALAD BAR  
BREAKFAST  
CINNAMON CAKE  
CEREAL & CRACKER

LUNCH  
BAKED PASTA  
DINNER ROLL  
NEW GRIZZLY PAW PAK  
SALAD BAR  
BREAKFAST  
MINI PANCAKES  
CEREAL & CRACKER

LUNCH  
NOT'CHO CHEEZ  
W/DICED CHICKEN  
HOUSE SALAD  
SALAD BAR  
BREAKFAST  
CHOCOLATE DONUT  
CEREAL & CRACKER



LUNCH  
CHEESE PIZZA  
PEPPERONI PIZZA  
FROZEN FRUIT CUP  
SALAD BAR  
BREAKFAST  
FRENCH TOASTERS  
CEREAL & CRACKER

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2

1