




GARFIELD RE-2 SCHOOL DISTRICT
October 2020
School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HARVEST OF THE MONTH
			1	Fruit- Kiwi Vegetable - Pumpkin 
			Muffin Cheese Fruit Milk	
			Pepperoni Dip Sticks Marinara Roasted Vegetables Oatmeal Cookies Milk	
5	6	7	8	Kiwifruit facilitates food digestion and boosts immune system. High level of vitamin C in the fruit can prevent development of flu. Kiwi fruit contains two times more vitamin C than oranges. It is also rich in Vitamin E & K. Compared to other fruits, kiwi offers the greatest amount of vitamins and fibers per gram of fruit than any other
Sausage Biscuit Fruit Milk	Muffin GoGurt Fruit Milk	Ultimate Bar Fruit Milk	Cereal Grahams Fruit Milk	
Popcorn Chicken Honey Mustard dip Sweet Potato Fries Fresh Peaches Milk	Bean and Cheese Burrito Green Chili Spanish rice Chili Lime Jicama sticks Milk	Hamburger Roasted Potatoes Green Beans Strawberries Milk	Tortellini with Meatsauce Garlic Stick Roasted Zucchini Cinnamon Apples Milk	
12	13	14	15	
Bagel Cr Cheese/ Cereal	Chocolate Muffin Fruit Milk	Cinnamon Roll Fruit Milk	Ham and Cheese Muffin Fruit	
Baked Chicken Scalloped Potatoes Roasted Carrots Banana Cup Milk	Pulled BBQ Pork Torta Homemade Beans Pineapple Cucumber Lime Salad Cantaloupe Milk	Chic' Penne Broccoli Garlic Knot Peaches Milk	Chicken Sandwich Cucumber Quickles Corn Kiwi and Pineapple Milk	
19	20	21	22	
Yogurt Apple Loaf Fruit	Banana Muffin Fruit Milk	Donut Stick Fruit Milk	Breakfast Burrito Fruit Milk	
Pizza Ceasar Salad Chocolate Chip Cookie Pears Milk	Italian Sub Sandwich Chips Carrots/ Celery with Ranch Bananas Milk	Chicken Tenders Mashed Potatoes Gravy Corn Melons Milk	Chicken Quesadilla Beans and Cheese Salsa Grapes Milk	
26	27	28	28	
Yogurt Cheese Fruit Milk	Granola Bar Fruit Milk	Cereal grahams Fruit Milk	Strawberry bagel Fruit Milk	
Macaroni and Cheese 1/2 baked Sweet Potato Broccoli Oranges Milk	Waffles with Blueberry sauce Hash browns Sausage Kiwi and berries Milk	Hot Dog Chili and Cheese Tater Tots Peas and Carrots Milk	Chicken Sliders Chips Corn on the Cobb Tossed Salad Milk	

School Meal Prices:

Elementary: Breakfast \$2.00 Lunch \$2.75
 Reduced: Breakfast - Free K-5 Lunch Free
 Middle and High School: Breakfast \$2.00 Lunch \$3.00
 Adult Meals: Breakfast \$2.50 Lunch \$3.75

1%, Fat Free or Chocolate Milk is served with each meal

Garfield RE-2 Nutritional Services
 Mary McPhee, Director of Nutrition Services
 970-665-7697

This Institution is an Equal Opportunity Provider