

Ganado
Unified School
District #20



Menus for September 2026

This institution is an equal opportunity provider. Menus are subject to change.

VEGETABLE Zucchini

Despite being known as "summer squash," zucchini is actually available year-round. These tasty veggies are unusually high in a number of key antioxidants – especially in the skin, so don't peel these guys!



OF THE MONTH

NUTRITION TO GO

Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.

A QUICK BITE FOR PARENTS

Tuesday, September 1

Breakfast

Crumble Coffee Cake
Assorted Yogurt
Fresh Fruits
Choice of Milk

Lunch

Soam Bavi Bowl
(Brown Tepary Beans)
Wg Dinner Roll
Mexicali Rice
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Wednesday, September 2

Breakfast

Toasted Wg English
Muffin w/ Jelly
Breakfast Egg Bake
Apple Juice, Fruit
Choice of Milk

Lunch

Hamburger on a Bun
California Vegetables
Ranch Pasta Salad
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Thursday, September 3

Breakfast

Wg Pancakes, Syrup
Sausage Patty
Fresh Fruits
Choice of Milk

Lunch

Pulled BBQ Turkey
Seasoned Brown Rice
Spiced Carrot Salad
Green Beans
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Friday, September 4

Breakfast

Breakfast Burrito
Mild Salsa
Fresh Fruits
Choice of Milk

Lunch

Chicken Parmesan
Sandwich
Romaine Salad
Baby Carrots
Fresh Fruit
Choice of Milk
MS,HS Alternate Choice

Monday, September 7



**HAPPY
LABOR
DAY!**
NO SCHOOL

Tuesday, September 8

Breakfast

Breakfast Burrito
Mild Salsa
Fresh Fruits
Choice of Milk

Lunch

Cuban Sandwich
Sweet Potato Fries
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, September 9

Breakfast

Blue Mush w/Fruits,
Sausage Patty,
Apple Juice
Choice of Milk

Lunch

Sweet & Sassy Chicken
Veggie Egg Roll
Teriyaki Noodles w/
Vegetables
Steamed Carrots
Choice of Milk
MS,HS Alternate Choice

Thursday, September 10

Breakfast

Chilaquiles
Fresh Fruits
Choice of Milk

Lunch

Cheese Quesadilla
Wg Tortilla Chips
Mild Salsa
Lettuce/Tomato
Black Beans
Fresh Fruit
MS, HS Alternate Choice

Friday, September 11

Breakfast

Denver Omelet
WG Bagel
Fresh Fruits
Choice of Milk

Lunch

WG Pepperoni Pizza
Tossed Salad
Ranch Dressing
Carrot/Celery Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Monday, September 14

Breakfast

Strawberry French
Toast, Syrup,
Sausage Patty, Fruits
Choice of Milk

Lunch

Chicken Quesadilla
Lettuce/Tomato
Wg Tortilla Chips
Charro Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, September 15

Breakfast

Western Omelet
Quesadilla, Salsa
Fresh Fruit
Choice of Milk

Lunch

WG Spaghetti w/ Meat
Sauce
Wg Garlic Breadstick
Steamed Broccoli
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, September 16

Breakfast

Blueberry Muffin,
Assorted Yogurt
Juice, Fresh Fruit
Choice of Milk

Lunch

Baked Chicken Breast
Wg Fry Bread
Steamed Corn
Pineapple Cole Slaw
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, September 17

Breakfast

Wg Cheddar Biscuit
Cheesy Scrambled
Eggs, Fresh Fruit
Choice of Milk

Lunch

Macaroni & Cheese
Wg Dinner Roll
Tater Tots
Carrot Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, September 18

Breakfast

Oatmeal, WG Toast,
Cranberry Raisins,
Fresh Fruit,
Choice of Milk

Lunch

Cheese Pizza
Romaine Salad
Ranch Dressing
Celery Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

No application necessary for kids to sit at our table.

All of our complete meals are always **NO CHARGE** for all students with no need to submit an application, thanks to the Community Eligibility Program!

Monday, September 21

Breakfast

Breakfast Pizza
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

Chili Beans
Blue Corn Cornbread
Celery Sticks
Steamed Carrots
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, September 22

Breakfast

Biscuit Sausage
Sandwich,
Fresh Fruit
Choice of Milk

Lunch

Three Sister Enchiladas
Casserole
Mexicali Corn
Refried Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, September 23

Breakfast

WG Toast w/ Jam
Scrambled Eggs
Apple Juice, Fruit
Choice of Milk

Lunch

Cheeseburger
French Fries
Gr Leaf/Tomato
Baked Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, September 24

Breakfast

Wg Pancakes, Syrup
Sausage Links
Fresh Fruits
Choice of Milk

Lunch

Mandarin Orange
Chicken w/ Noodles
Asian Vegetables
Baby Carrots
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, September 25

Breakfast

Hash Brown Casserole
English Muffin, Jelly
Fresh Fruit
Choice of Milk

Lunch

Chicken Sandwich
Gr Leaf/ Tomato
Coleslaw
Cauliflower
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice



What's on YOUR plate?

What did the tightrope walker put on his plate?

A WELL-BALANCED MEAL! And you should, too!

Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you'll never lose your balance!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, September 28

Breakfast

Ham/Cheese Strata
Wg English Muffin
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

BBQ Pork Sandwich
Steamed Broccoli
Celery Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, September 29

Breakfast

Blue Corn Mush
Hard Boiled Egg
Cranberry Craisins
Fresh Fruit
Choice of Milk

Lunch

Red Chili Beef
WG Flour Tortilla
Romaine Salad
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wednesday, September 30

Breakfast

Sausage, Egg, Cheese
Sandwich
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

Sloppy Joe
Baked Beans
Cole Slaw
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

I am the letter



AVAILABLE DAILY

At Middle & High School

Monday: Corndog

Tuesday: Burrito

Wednesday: Chef Salad

Thursday: Pepperoni Pizza

Friday: Deli Sandwich

Menu are Subject to Change

★ OUR NATION'S HISTORY ★

Before Benedict Arnold betrayed his young country and became the most infamous traitor in our history, he was among the greatest American soldiers of the Revolutionary War. But by the time he was named commander of the key fort at West Point, New York in the summer of 1780, he had already been secretly collaborating with the British enemy for over a year.



★ WITH LIBERTY & JUSTICE FOR ALL ★