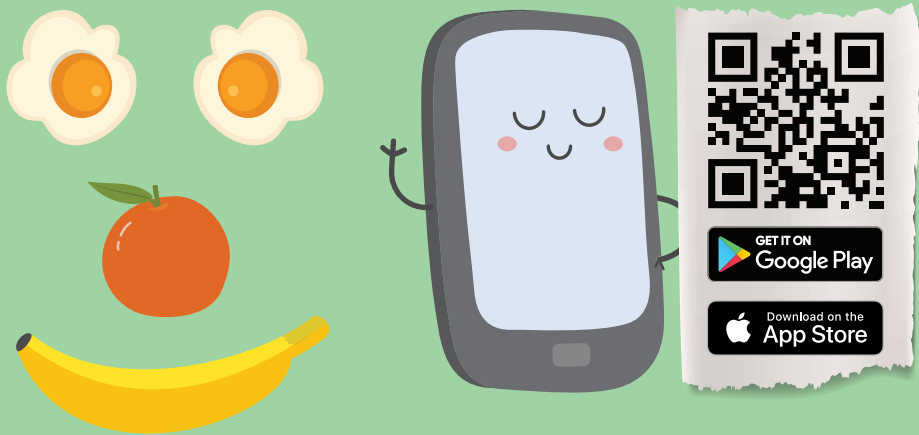

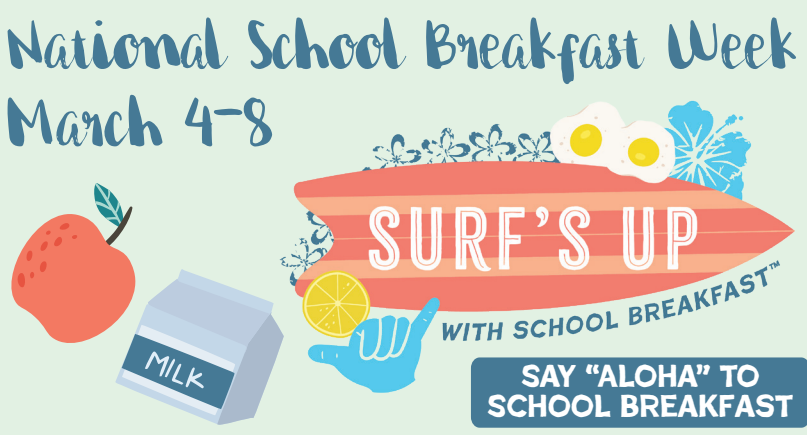



MAR 2024

GCC – COA MENU

SCHOOL MEALS ARE AVAILABLE TO ALL STUDENTS AT NO CHARGE.
Menu Subject to Change, Chef's Choice may be offered at various sites.
*All Meals include Fruit & Vegetables and choice of nonfat or 1% milk.
2 Fruit servings offered daily with Breakfast.

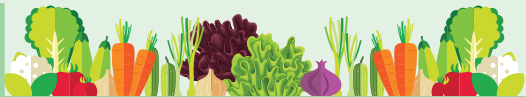


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				

#NSBW - National School Breakfast Week 4/8 - Say Aloha to School Breakfast				
Cereal & Muffin 4 Whole Grain Mini Waffles Fresh Orange Smiles	Cereal & Yogurt 5 Cinnamon Seashell Roll Fresh Mango-Peach Fruit Cup	Cereal & Nutrigrain Bar 6 Hang Ten Turkey Breakfast Pizza Tropical Fruit Cup	Cereal & Yogurt 7 Breakfast Taco Fresh Pineapple Tidbits	Cereal & Muffin 8 Strawberry Bagels Local Fresh Fruit
French Bread Cheese Pizza Chicken Corn Dog Baby Carrots Vegetarian Baked Beans Mixed Fruit	Cheese Quesadilla Beef Roll Up w/Fresh Salsa Corn Fresh Garden Salad Banana	Grilled Cheese Sandwich Beef Hamburger Shredded Lettuce Baby Carrots Fresh Orange Slices	Veggie Bites w/Rice Mandarin Chicken w/Rice and Broccoli Fresh Broccoli Florets Frozen Fruit Cup	Yogurt Muffin Meal Crispy Chicken Sandwich Fresh Garden Salad Green Beans Applesauce Cup
Cereal & Muffin 11 French Toast Sticks Diced Peaches	Cereal & Yogurt 12 Fresh Blueberry or Lemon Bread Fresh Apple Slices	Cereal & Nutrigrain Bar 13 Yogurt Parfait Banana	Cereal & Yogurt 14 Strawberry Bagels Mixed Fruit	Cereal & Muffin 25 Turkey Sausage Breakfast Pizza Fresh Orange Slices
French Bread Cheese Pizza Chicken Tenders Goldfish Crackers Corn Baby Carrots Applesauce Cup	Cheese Quesadilla BBQ Beef Rib Sandwich Vegetarian Baked Beans Vegetable Juice Box Banana	Bosco Cheesesticks w/Sauce Corn Dog Fresh Garden Salad Baby Carrots Fresh Orange Slices	Veggie Bites w/Fried Rice Teriyaki Chicken w/Fried Rice Fresh Broccoli Florets Baby Carrots Fresh Apple Slices	Cheese Calzone Turkey Hot Dog Seasoned Potato Wedges Fresh Garden Salad Diced Pears
Cereal & Muffin 18 Mini Waffles Fresh Orange Slices	Cereal & Yogurt 19 Fresh Baked Scone Diced Peaches	Cereal & Nutrigrain Bar 20 Cinnamon Oatmeal Banana	Cereal & Yogurt 21 Cinnamon Roll Fresh Apple Slices	Cereal & Muffin 22 Yogurt Grain Bar Mixed Fruit
Macaroni & Cheese Fish Treasures Corn Baby Carrots Fresh Apple Slices	Grilled Cheese Sandwich Beef Hamburger Vegetarian Baked Beans Shredded Lettuce Banana	Cheese Calzone Crispy Chicken Sandwich Crinkle Cut Fries Baby Carrots Diced Peaches	Sunbutter Sandwich Orange Chicken Fresh Broccoli Florets Baby Carrots Fresh Orange Slices	French Bread Cheese Pizza Turkey & Cheese Sandwich CheeZ-It Crackers Shredded Lettuce Baby Carrots Diced Pears



Contact Us:



@TRUSDNutritionServices



<https://trusd.net/nutrition>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

