

October 2018 Menu
Gladstone High School



Monday	Tuesday	Wednesday	Thursday	Friday
1 Orange Chicken with seasoned rice	2 Gladstone Style Enchilada with Spanish Rice	3 WG Breaded Cheese Stick with Marinara Sauce	4 House Made Macaroni and Cheese with Dinner Roll	5 Mini Corn Dog with Seasoned Potatoes
8 House Made Chicken Noodle soup with a dinner roll	9 Chicken Strips, mash potatoes and country gravy with a dinner roll	10 Grab and Go Lunch	11 Cheese Lasagna Roll up with Garlic Bread stick	12 No School
15 No School	16 Gladstone Style Enchilada with Spanish Rice	17 Teriyaki Chicken with Asian Pasta	18 WG Waffles, sausage links, hash brown	19 Fish Sticks and Fries
22 Tomato Soup with Toast Cheese Sandwich	23 House Made Beef Taco with Refried beans	24 Chicken Nuggets, mash potatoes and country gravy with a dinner roll	25 Chicken Alfredo with pasta and Garlic bread Stick	26 No School
29 BBQ Pork Riblets sandwiches, potato wedges	30 Beef Nacho with Refried Beans	31 WG Breaded Cheese Stick with Marinara Sauce	Nov. 1 Spaghetti Bake with Texas Garlic Toast	2 Corn Dog with Seasoned Potatoes

WG= Whole Grain

Menu is subject to change

Must choose 3 or more of the 5 components: Grain, Meat/Meat Alternative, Fruit, Vegetable and Milk

Everyday offerings at all lines:

Fresh vegetables and fruit salad bar (minimum serving ½ cup of fruit or vegetable or combination of)

Choice of 1% milk or Fat Free milk

Deli Sandwich Line: Sandwiches made to order, variety of breads, cheese, meats and vegetables

Pizza Line: choice of Cheese or Pepperoni or Hawaiian or Veggie or Combination or Ham and Cheese Stromboli or Pepperoni Stromboli

Grill Line: Hamburger or Cheeseburger or Crispy Chicken or Veggie burger all served with tater tots

Local Products

Spring Valley Dairy
Truitt Farm
Taylors Farm
Franz Family Bakery
Bob's Red Mill

Safeway Bakery
Fred Meyer Bakery
Suri Son's Farm
Road Runner Pizza
Gingerich Farms

Meal Prices:

Breakfast

Lunch

K-5	\$1.50	\$2.45
6-8	\$1.60	\$2.75
9-12	\$1.90	\$3.35
Adults	\$1.90	\$3.85

Put money on your child's account using an online system: Mymealtime.com You can also monitor the account, watch when they are eating meals at school, and link all your children to one account. If you need help setting up, contact any head cook and they can walk you through it.

Gladstone School District is an equal opportunity provider.