

# Gompers Menu

# September 2024

Farm to School



Items of the Month:  
California Peaches,  
Nectarines, & Grape  
Tomatoes

## Key



House-Made



Vegetarian Entrees



Vegan Entrees

All fruits, fresh vegetables, & cereals are vegan.



Contains Pork



All grains are whole-grain rich  
Except cinnamon roll



New Item

\*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON	TUE	WED	THU	FRI
 <b>Labor Day</b>	<b>BREAKFAST</b> 4 Bagel w/Cream Cheese Yogurt with Granola  <b>LUNCH</b> Bean Burrito  Chicken Tenders w/Roll	<b>BREAKFAST</b> 5 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  <b>LUNCH</b> Orange Chicken w/Rice  Hot Dog	<b>BREAKFAST</b> 6 Cinnamon Crumb Cake  Yogurt with Granola  <b>LUNCH</b> Chili Cheese Nachos  Chicken Drumstick & Waffle <i>Farm to School Nectarines</i>	<b>BREAKFAST</b> 7 Cinnamon Waffle  Yogurt with Granola  <b>LUNCH</b> Cheese Pizza  Beef & Bean Burrito
<b>BREAKFAST</b> 9 French Toast Sticks  Yogurt with Granola  <b>LUNCH</b> Corn Dog  Quesadilla 	<b>BREAKFAST</b> 10 Pan Dulce Concha  Yogurt with Granola  <b>LUNCH</b> Kickin' Tenders w/Rolls  Chicken Sliders	<b>BREAKFAST</b> 11 House-Baked Cinnamon Roll  Yogurt with Granola  <b>LUNCH</b> Chicken Tamale w/Spicy Beans  Cheeseburger	<b>BREAKFAST</b> 12 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  <b>LUNCH</b> Bean & Cheese Burrito  Boneless Chicken Wings & Waffle	<b>BREAKFAST</b> 13 Mini Maple Pancakes  Yogurt with Granola  <b>LUNCH</b> Chicken Sandwich Pepperoni Pizza
<b>BREAKFAST</b> 16 Pizza Stick  Yogurt with Granola  <b>LUNCH</b> Beef & Bean Burrito Orange Chicken w/Rice 	<b>BREAKFAST</b> 17 Breakfast Bites  Yogurt with Granola  <b>LUNCH</b> Hamburger Macaroni & Cheese 	<b>BREAKFAST</b> 18 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  <b>LUNCH</b> Teriyaki Meatballs w/Rice  Pancakes & Sausage 	<b>BREAKFAST</b> 19 Cinnamon Crumb Cake  Yogurt with Granola  <b>LUNCH</b> Chili Cheese Nachos  Chicken Drumstick & Waffle <i>Farm to School Peaches</i>	<b>BREAKFAST</b> 20 Muffin  Yogurt with Granola  <b>LUNCH</b> Cheese Pizza  Chicken Tenders w/Roll
<b>BREAKFAST</b> 23 French Toast Sticks  Yogurt with Granola  <b>LUNCH</b> Boneless Wings w/Cornbread  Southwest Bean Burger 	<b>BREAKFAST</b> 24 Pan Dulce Concha  Yogurt with Granola  <b>LUNCH</b> Chili Cheese Nachos  Corn Dog	<b>BREAKFAST</b> 25 House-Baked Cinnamon Roll  Yogurt with Granola  <b>LUNCH</b> Chicken Teriyaki w/Rice  Bean & Cheese Burrito 	<b>BREAKFAST</b> 26 Mini Maple Pancakes  Yogurt with Granola  <b>LUNCH</b> Chicken Nuggets w/Roll Cheeseburger <i>Farm to School Grape Tomatoes</i>	<b>BREAKFAST</b> 27 Blueberry Waffle  Yogurt with Granola  <b>LUNCH</b> Chicken Sandwich Pepperoni Pizza
<b>BREAKFAST</b> 30 Breakfast Bar  Yogurt with Granola  <b>LUNCH</b> Bean Burrito  Chicken Tenders w/Roll	<b>OFFERED DAILY</b> <b>BREAKFAST:</b> <ul style="list-style-type: none"> <li>Whole Grain Cereals </li> <li>Yogurt with Granola </li> <li>String Cheese </li> <li>100% Fruit Juice </li> <li>Low-Fat White Milk </li> <li>Nonfat Chocolate Milk </li> </ul>			