

# Gompers Menu

# October 2024

Farm to School



ITEMS OF THE MONTH:  
APPLE PEARS AND GRAPES

## 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>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>	<b>BREAKFAST</b> 1 Bagel w/Cream Cheese Yogurt with Granola	<b>BREAKFAST</b> 2 Egg, Cheese, & Turkey Ham Croissant Sandwich Yogurt with Granola	<b>BREAKFAST</b> 3 Cinnamon Crumb Cake Yogurt with Granola	<b>BREAKFAST</b> 4 Cinnamon Waffle Yogurt with Granola
<b>LUNCH</b> BBQ Turkey Mac & Cheese Chicken Tamale w/Spicy Beans	<b>LUNCH</b> BBQ Turkey Mac & Cheese Chicken Tamale w/Spicy Beans	<b>LUNCH</b> Orange Chicken w/Rice Pancakes & Sausage	<b>LUNCH</b> Chili Cheese Nachos Chicken Drumstick & Waffle	<b>LUNCH</b> Cheese Pizza Beef & Bean Burrito
<b>BREAKFAST</b> 7 French Toast Sticks Yogurt with Granola	<b>BREAKFAST</b> 8 Cinnamon Crumb Cake Yogurt with Granola	<b>BREAKFAST</b> 9 House-Baked Cinnamon Roll Yogurt with Granola	<b>BREAKFAST</b> 10 Egg, Cheese, & Turkey Ham Croissant Sandwich Yogurt with Granola	<b>BREAKFAST</b> 11 Mini Maple Pancakes Yogurt with Granola
<b>LUNCH</b> Corn Dog Quesadilla	<b>LUNCH</b> Kickin' Tenders w/Rolls Chicken Sliders	<b>LUNCH</b> Bean & Cheese Burrito Cheeseburger Chocolate Chip Cookie	<b>LUNCH</b> Grilled Cheese Sandwich Boneless Chicken Wings & Waffle	<b>LUNCH</b> Chicken Sandwich Pepperoni Pizza
<b>NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18</b>				
<b>BREAKFAST</b> 14 Pizza Stick Yogurt with Granola	<b>BREAKFAST</b> 15 Breakfast Bites Yogurt with Granola	<b>BREAKFAST</b> 16 Egg, Cheese, & Turkey Ham Croissant Sandwich Yogurt with Granola	<b>BREAKFAST</b> 17 Cinnamon Crumb Cake Yogurt with Granola	<b>BREAKFAST</b> 18 Muffin Yogurt with Granola
<b>LUNCH</b> Beef & Bean Burrito Orange Chicken w/Rice	<b>LUNCH</b> Hamburger Macaroni & Cheese	<b>LUNCH</b> Teriyaki Meatballs w/Rice Chicken Tamale w/Spicy Beans	<b>LUNCH</b> Chili Cheese Nachos Pancakes & Sausage <i>Farm to School Apple Pears</i>	<b>LUNCH</b> Cheese Pizza Chicken Tenders w/Roll
<b>BREAKFAST</b> 21 French Toast Sticks Yogurt with Granola	<b>BREAKFAST</b> 22 Pan Dulce Concha Yogurt with Granola	<b>BREAKFAST</b> 23 House-Baked Cinnamon Roll Yogurt with Granola	<b>BREAKFAST</b> 24 Egg, Cheese, & Turkey Sausage Breakfast Burrito Yogurt with Granola	<b>BREAKFAST</b> 25 Blueberry Waffle Yogurt with Granola
<b>LUNCH</b> Boneless Chicken Wings w/Cornbread Grilled Cheese Sandwich	<b>LUNCH</b> Chili Cheese Nachos Corn Dog	<b>LUNCH</b> Chicken Teriyaki w/Rice Chickpea Butter & Jelly (CB&J) Sandwich	<b>LUNCH</b> Chicken Nuggets w/Roll Southwest Bean Burger Chocolate Pudding	<b>LUNCH</b> Chicken Sandwich Pepperoni Pizza
<b>BREAKFAST</b> 28 Breakfast Bar Yogurt with Granola	<b>BREAKFAST</b> 29 Bagel w/Cream Cheese Yogurt with Granola	<b>BREAKFAST</b> 30 Egg, Cheese, & Turkey Ham Croissant Sandwich Yogurt with Granola	<b>BREAKFAST</b> 31 Cinnamon Crumb Cake Yogurt with Granola	<b>OFFERED DAILY</b> <b>LUNCH:</b> <ul style="list-style-type: none"> <li>Fruits &amp; Vegetables</li> <li>Yogurt with Granola</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> </ul>
<b>LUNCH</b> Bean Burrito Orange Chicken w/Rice	<b>LUNCH</b> BBQ Turkey Mac & Cheese Chicken Tamale w/Spicy Beans	<b>LUNCH</b> Chili Cheese Nachos Pancakes & Sausage	<b>LUNCH</b> Cheese Pizza Chicken Drumstick & Waffle <i>Farm to School Grapes</i>	