

Gompers Menu







January 2025

Farm to School



ITEMS OF THE MONTH:
**ORANGES &
ORGANIC TANGERINES**

Key




-  **House-Made**
-  **Vegetarian Entrees**
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All fruits, fresh vegetables, & cereals are vegan.
-  **Contains Pork**
-  **All grains are whole-grain rich**
Except cinnamon roll
-  **NEW** New Item

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON	TUE	WED	THU	FRI
OFFERED DAILY BREAKFAST: <ul style="list-style-type: none"> Whole Grain Cereals  Yogurt with Granola  String Cheese  100% Fruit Juice  Low-Fat White Milk  Nonfat Chocolate Milk  	OFFERED DAILY LUNCH: <ul style="list-style-type: none"> Fruits & Vegetables  Salads  Sandwiches  Yogurt with Granola  100% Fruit Juice  Low-Fat White Milk  Nonfat Chocolate Milk  	WINTER RECESS		
BREAKFAST 6 French Toast Sticks  Yogurt with Granola 	BREAKFAST 7 Pan Dulce Concha  Yogurt with Granola 	BREAKFAST 8 House-Baked Cinnamon Roll  Yogurt with Granola 	BREAKFAST 9 Egg, Cheese, & Turkey Sausage Breakfast Burrito  Yogurt with Granola 	BREAKFAST 10 Blueberry Waffle  Yogurt with Granola 
LUNCH Chicken Drumstick & Waffle Southwest Bean Burger 	LUNCH Quesadilla  Corn Dog	LUNCH Chicken Nuggets w/Roll Bean & Cheese Burrito 	LUNCH Chicken Teriyaki w/Rice  Grilled Cheese Sandwich  <i>Farm to School Cara Cara Oranges</i>	LUNCH Spicy Bean Nachos  Pepperoni Pizza
BREAKFAST 13 Breakfast Bar  Yogurt with Granola 	BREAKFAST 14 Bagel w/Cream Cheese  Yogurt with Granola 	BREAKFAST 15 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola 	BREAKFAST 16 Cinnamon Crumb Cake  Yogurt with Granola 	BREAKFAST 17 Cinnamon Waffle  Yogurt with Granola 
LUNCH Bean Burrito  Orange Chicken w/Rice 	LUNCH Chicken Tamale w/Spicy Beans  BBQ Turkey Mac & Cheese w/Roll 	LUNCH Chicken & Cheese Taquitos Quesadilla 	LUNCH Chili Cheese Nachos  Boneless Wings w/Cornbread  <i>Farm to School Organic Tangerines</i>	LUNCH Cheese Pizza  Corn Dog
 Dr. Martin Luther King Jr. Day No School	REFER TO ELEMENTARY MENU			
27	28	29	30	31
REFER TO ELEMENTARY MENU				