



GARFIELD RE-2 SCHOOL DISTRICT  
 November 2023  
 School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HARVEST OF THE MONTH
		<b>1</b> Muffin, Cheese Stick, Fruit and Milk	<b>2</b> Cereal, Grahams, Fruit and Milk	 <p>Oranges and Beets</p> <p>Beets</p> <p>Contain almost all vitamins your body needs.</p> <p>Rich in Folate</p> <p>Rich in Manganese</p> <p>Helps in bone formation, metabolism and BRAIN function</p> <p>Copper</p> <p>Important mineral that helps with energy and synthesis of neurotransmitters</p> <p>Oranges</p> <p>92 % of all Vitamin C in one fruit</p>
		Chick Penne Dinner roll Broccoli Apples Salad Bar Milk	Chicken Leg Mashed Potatoes & gravy Dinner roll Oranges Salad Bar Milk	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
Egg and Sausage Muffin	Bagel with Cheese Fruit Milk	Smoothie, Fruit Milk	Muffin, Fruit Milk	
Bean Tostada Stack Salsa and cheese Mexi Corn Grapes Salad Bar and Milk	Cheeseburger Chips Orange Wedges Salad Bar Milk	Spaghetti with Meatsauce Garlic knot Grapes Salad Bar Milk	Chef's Choice Corn Apple slices Salad Bar Milk	
		<b>WACKY WEDNESDAY</b>		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
Yogurt Granola Fruit Milk	Ultimate Granola Bar, Fruit Milk	Biscuit Sausage Fruit Milk	Smoothie, Fruit Milk	
Popcorn Chicken with orange sauce Brown Rice Broccoli and Carrots Oranges Salad Bar Milk	Beef and Bean Burrito Lettuce Tomato Cheese Refried Beans Apples Salad Bar Milk	Chef's Choice Pears Salad Bar Milk	Chef's Choice Peaches Salad Bar Milk	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
<h1>Thanksgiving Break</h1>				
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Smoothie, Fruit Milk	Muffin / Cheese Stick Fruit Milk	Breakfast Burrito, Fruit Milk		
Pulled Pork Cheesy Tater tots Cauliflower Salad Bar Milk	Hamburger Sweet Potato Fries Peaches Salad Bar Milk	Chicken Bowl Mashed Potatoes and Gravy Corn Salad Bar Milk		

1%, Fat Free or Chocolate Milk is served with each meal

Meals are Free - Please fill out an application anyway for funding

Garfield RE-2 Nutritional Services  
 Mary McPhee, Director of Nutrition Services  
 970-665-7697

Adult Meals: Breakfast \$3.00 Lunch \$4.25

This Institution is an Equal Opportunity Provider

