

SODEXO FOOD SERVICES
PRE-K & HEAD START
FALL 2022 LUNCH MENU



2022-2023 MENU

Gossner 1% White Milk is served daily.

Dates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
08/08-08/12	Chicken Nuggets 5 EACH	Beef Taco W/ Tortilla Wrap 2 OZ	WG Breaded Fish Sandwich W/ Tartar Sauce 1 EACH	Pulled Pork Carnitas 2 OZ	WG Cheese Pizza 1 EACH
09/05-09/09	Brown Rice 1/2 Cup	Shredded Cheese & Salsa 1 OZ	WW Hamburger Bun 1 EACH	Brown Rice 1/2 Cup	Green Beans 1/2 Cup
10/03-10/07	Peas 1/2 Cup	Black Beans 1/2 Cup	Local Salad 3/4 Cup	Carrots 1/2 Cup	Fruit Mix 1/2 Cup
10/31-11/04	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	Diced Pears 1/2 Cup	Diced Peaches 1/2 Cup	
11/28-12/02					
08/15-08/19	Chicken Ala King 1 Cup	2 OZ Beef Taco Salad Tortilla Chips 10 PCS 2 OZ Cheese Sauce 1 OZ Salsa	Chicken Tender Bowl 1/2 Cup Mashed Potato 2 OZ Gravy	Bistek 4 PCS	WG Pepperoni Pizza 1 EACH
09/12-09/16	Brown Rice 1/2 Cup	Black Beans 1/2 Cup	Local Salad 3/4 Cup	Brown Rice 1/2 Cup	Corn 1/2 Cup
10/10-10/14	Carrots 1/2 Cup	Pineapple Tidbits 1/2 Cup	Diced Peaches 1/2 Cup	Green Beans 1/2 Cup	Fruit Mix 1/2 Cup
11/07-11/11	Fresh Orange 1 EACH			Diced Pears 1/2 Cup	
12/05-12/09					
08/22-08/26	Beef Hot Dog W/ Chili Beans 1 EACH WG Bun 1 EACH	Chicken Taco W/ Tortilla Wrap and Salsa 2 OZ Shredded Cheese 1/2 OZ	Cheeseburger 1 EACH WG Bun 1 EACH	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy	WG Cheese Pizza 1 EACH
09/19-09/23	Potato Wedges 1/2 Cup	Black Beans 1/2 Cup	Local Salad 3/4 Cup	Brown Rice 1/2 Cup	Carrots 1/2 Cup
10/17-10/21	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	Diced Pears 1/2 Cup	Green Beans 1/2 Cup	Fruit Mix 1/2 Cup
11/14-11/18				Diced Peaches 1/2 Cup	
12/12-12/16					
08/29-09/02	4 OZ Spaghetti Meat Sauce 1/2 Cup Spaghetti Noodles	Chicken Taco Meat W/ Brown Rice and Salsa 2 OZ Shredded Cheese 1/2 OZ	Breaded Chicken Patty 1 EACH WG Bun 1 EACH	Beef & Broccoli 1 Cup	WG Pepperoni Pizza 1 EACH
09/26-09/30	Corn 1/2 Cup	Black Beans 1/2 Cup	Local Salad 3/4 Cup	Brown Rice 1/2 Cup	Carrots 1/2 Cup
10/24-10/28	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	Diced Peaches 1/2 Cup	Green Beans 1/2 Cup	Fruit Mix 1/2 Cup
11/21-11/25				Diced Pears 1/2 Cup	

07/28/22

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

FNS Reviewed & Approved: Charleen Hadap 7/29/22

sodexo
 QUALITY OF LIFE SERVICES



2022-2023 MENU

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

DAILY ENTRÉE

Composed Salad

Monday: Turkey & Cheese

Tuesday: Ham & Cheese

Wednesday: Sliced Chicken

Thursday: Turkey & Cheese

Friday: Tuna or Chicken Salad

Choice of Dressing Daily

Don't forget your Fruit & Milk with this option!

Composed Salad
Mixed Greens, Corn, Carrots, Black Beans, Cucumbers
w/ 2 oz of Protein and 1 oz of Cheese.

Served in our Ozzie Green washable container.
Be Green and Clean!



Dates	Monday	Taco Tuesday	Wednesday	Local Thursday	Pizza Friday
08/08-08/12	5 EA Chicken Nuggets 1 Cup Brown Rice OR 1 EA Ham & Cheese Sandwich	2 OZ Beef Taco W/ Tortilla Wrap 1 OZ Shredded Cheese & Salsa 1/2 Cup Brown Rice OR 1 EA Turkey & Cheese Sandwich	1 EA WG Breaded Fish Sandwich W/ WG Bun & Tartar Sauce OR 1 Cup Beef Chili Bowl W/ 1 Cup Brown Rice	2 OZ Pulled Pork Carnitas W/ 1 Cup Brown Rice OR 1 EA Chicken Patty Sandwich W/ WG Bun	1 EA WG Cheese Pizza OR 1 EA Tuna Salad on WG Bread
09/05-09/09					
10/03-10/07	1 Cup Peas OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Carrots OR 1 Cup Local Cucumber Salad	1 Cup Green Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing
10/31-11/04					
11/28-12/02	1 Cup Mandarin Orange	1 Cup Pineapple Tidbits	1 Cup Diced Pears	1 Cup Diced Peaches	1 Cup Fruit Mix
08/15-08/19	1 Cup Chicken Ala King 1 Cup Brown Rice OR 1 EA Hamburger W/ WG Bun	2 OZ Beef Taco Salad 20 PCS Tortilla Chips 2 OZ Cheese Sauce & 1 OZ Salsa OR 1 EA Ham & Cheese Sandwich	Chicken Tender Bowl 1 Cup Mashed Potato 2 OZ Gravy 1 Each WW Dinner Roll OR 1 EA Meatball Sub on WG Hot Bun	4 PCS Bistek 1 Cup Brown Rice OR Turkey & Cheese Sandwich	1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread
09/12-09/16					
10/10-10/14	1 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Broccoli OR 1 1/2 Local Salad W/ Assorted Dressing	1 Cup Green Beans OR 1 Cup Local Cucumber Salad	1 Cup Corn OR 1 1/2 Local Salad W/ Assorted Dressing
11/07-11/11					
12/05-12/09	1 Cup Mandarin Orange	1 Cup Pineapple Tidbits	1 Cup Diced Peaches	1 Cup Diced Pears	1 Cup Fruit Mix
08/22-08/26	1 EA Beef Hot Dog W/ Chili Beans on a WG Bun OR 1 Cup Ham Macaroni & Cheese	2 OZ Chicken Taco W/ Tortilla Wrap and Salsa & 1/2 Cup Brown Rice 1 OZ Shredded Cheese OR 1 EA Ham, Turkey, and Cheese Sandwich	1 EA Cheeseburger W/ WG Bun OR 12 PCS General Tso's Chicken W/ 1 Cup Brown Rice	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy 1 Cup Brown Rice OR 1 EA Corn Dog	1 EA WG Cheese Pizza OR 1 EA Tuna Salad on WG Bread
09/19-09/23					
10/17-10/21	1 Cup Potato Wedges OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Black Beans OR 1 1/2 Local Salad W/ Assorted Dressing	1 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Green Beans OR 1 Cup Local Cucumber Salad	1 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing
11/14-11/18					
12/12-12/16	1 Cup Mandarin Orange	1 Cup Pineapple Tidbits	1 Cup Diced Pears	1 Cup Diced Peaches	1 Cup Fruit Mix
08/29-09/02	4 OZ Spaghetti Meat Sauce W/ 1 Cup Spaghetti Noodles OR 1 EA Pork Rib Patty W/ WG Bun	2 OZ Chicken Taco Meat W/ Salsa and 1 Cup Brown Rice 1/2 OZ Shredded Cheese OR 1 EA Salisbury Steak W/ 1 Cup Brown Rice & 2 OZ Gravy	1 EA Breaded Chicken Patty W/ WG Bun OR 1 EA Ham & Cheese Sandwich	1 Cup Beef & Broccoli 1 Cup Brown Rice OR 1 EA Turkey & Cheese Sandwich	1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread
09/26-09/30					
10/24-10/28	1 Cup Corn OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Black Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Chili Beans OR 1 1/2 Cup Local Salad W/ Assorted Dressing	1 Cup Green Beans OR 1 Cup Local Cucumber Salad	1 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing
11/21-11/25	1 Cup Mandarin Orange	1 Cup Pineapple Tidbits	1 Cup Diced Peaches	1 Cup Diced Pears	1 Cup Fruit Mix

FNS Reviewed & Approved: Charleen Hadap 7/29/22

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



2022-2023 MENU

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily**

Dates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
08/08-08/12	Chicken Nuggets 5 EACH	Beef Taco W/ Tortilla Wrap 2 OZ	WG Breaded Fish Sandwich W/ Tartar Sauce 1 EACH	Pulled Pork Carnitas 2 OZ	WG Cheese Pizza 1 EACH
09/05-09/09	Brown Rice 1/2 Cup	Shredded Cheese & Salsa 1 OZ	WW Hamburger Bun 1 EACH	Brown Rice 1/2 Cup	Green Beans 3/4 Cup
10/03-10/07	Peas 3/4 Cup	Black Beans 3/4 Cup	Local Salad 1 1/2 Cup	Carrots 3/4 Cup	Fruit Mix 1/2 Cup
10/31-11/04	Mandarin Orange 1/2 Cup	Pineapple Tidbits 1/2 Cup	Diced Pears 1/2 Cup	Diced Peaches 1/2 Cup	
11/28-12/02					
08/15-08/19	Chicken Ala King 1 CUP	2 OZ Beef Taco Salad 10 PCS Tortilla Chips 2 OZ Cheese Sauce 1 OZ Salsa	Chicken Tender Bowl 1/2 Cup Mashed Potato 2 OZ Gravy	Bistek 2 PCS	WG Pepperoni Pizza 1 EACH
09/12-09/16	Brown Rice 1 Cup	Black Beans 3/4 Cup	Local Salad 1 1/2 Cup	Brown Rice 1 Cup	Corn 3/4 Cup
10/10-10/14	Carrots 3/4 Cup	Pineapple Tidbits 1/2 Cup	Diced Peaches 1/2 Cup	Green Beans 3/4 Cup	Fruit Mix 1/2 Cup
11/07-11/11	Mandarin Orange 1/2 Cup			Diced Pears 1/2 Cup	
12/05-12/09					
08/22-08/26	Beef Hot Dog W/ Chili Beans 1 EACH	Chicken Taco W/ Tortilla Wrap and Salsa 2 OZ	Cheeseburger 1 EACH	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy	WG Cheese Pizza 1 EACH
09/19-09/23	WG Bun 1 EACH	Shredded Cheese 1/2 OZ	WG Bun 1 EACH	Brown Rice 1/2 Cup	Carrots 3/4 Cup
10/17-10/21	Potato Wedges 3/4 Cup	Black Beans 3/4 Cup	Local Salad 1 1/2 Cup	Green Beans 3/4 Cup	Fruit Mix 1/2 Cup
11/14-11/18	Mandarin Orange 1/2 Cup	Pineapple Tidbits 1/2 Cup	Diced Pears 1/2 Cup	Diced Peaches 1/2 Cup	
12/12-12/16					
08/29-09/02	Spaghetti Meat Sauce 4 OZ	2 OZ Chicken Taco Meat W/ Salsa and 1/2 Cup Brown Rice	Breaded Chicken Patty 1 EACH	Beef & Broccoli 1 Cup	WG Pepperoni Pizza 1 EACH
09/26-09/30	Spaghetti Noodles 1/2 Cup	1/2 OZ Shredded Cheese	WW Hamburger Bun 1 EACH	Brown Rice 1/2 Cup	Carrots 3/4 Cup
10/24-10/28	Corn 3/4 Cup	Black Beans 3/4 Cup	Local Salad 1 1/2 Cup	Green Beans 3/4 Cup	Fruit Mix 1/2 Cup
11/21-11/25	Mandarin Orange 1/2 Cup	Pineapple Tidbits 1/2 Cup	Diced Peaches 1/2 Cup	Diced Pears 1/2 Cup	



2022-2023 MENU

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

Build *your* tray
THE healthy way!

START WITH A:

- Vegetable
- or
- Fruit
- Better yet, choose both!*
- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least **3** food groups!

What's on your tray today?

Dates	Monday	Taco Tuesday	Wednesday	Local Thursday	Pizza Friday
08/08-08/12	5 EA Chicken Nuggets 1/2 Cup Brown Rice OR	2 OZ Beef Taco W/ Tortilla Wrap 1 OZ Shredded Cheese & Salsa OR	1 EA WG Breaded Fish Sandwich W/ WG Bun & Tartar Sauce OR	2 OZ Pulled Pork Carnitas W/ 1/2 Cup Brown Rice OR	1 EA WG Cheese Pizza OR
09/05-09/09	1 EA Ham & Cheese Sandwich	1 EA Turkey & Cheese Sandwich	1 Cup Beef Chili Bowl W/ 1/2 Cup Brown Rice	1 EA Chicken Patty Sandwich W/ WG Bun	1 EA Tuna Salad on WG Bread
10/03-10/07	3/4 Cup Peas OR	3/4 Cup Black Beans OR	1 Cup Beef Chili Bowl W/ 1/2 Cup Brown Rice	3/4 Cup Carrots OR	3/4 Cup Green Beans OR
10/31-11/04	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Corn OR	3/4 Cup Carrots OR	1 1/2 Cup Local Salad W/ Assorted Dressing
11/28-12/02	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1/2 Cup Fruit Mix
08/15-08/19	1 Cup Chicken Ala King 1/2 Cup Brown Rice OR	2 OZ Beef Taco Salad 10 PCS Tortilla Chips 2 OZ Cheese Sauce & 1 OZ Salsa OR	Chicken Tender Bowl 1/2 Cup Mashed Potato 2 OZ Gravy OR	4 PCS Bistek 1/2 Cup Brown Rice OR	1 EA WG Pepperoni Pizza OR
09/12-09/16	1 EA Hamburger W/ WG Bun	1 EA Ham & Cheese Sandwich	1 EA Meatball Sub on WG Hot Bun	1 EA Turkey & Cheese Sandwich	4 OZ Chicken Salad W/ 2 SL WG Bread
10/10-10/14	3/4 Cup Carrots OR	3/4 Cup Black Beans OR	3/4 Cup Broccoli OR	3/4 Cup Green Beans OR	3/4 Cup Corn OR
11/07-11/11	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1 1/2 Local Salad W/ Assorted Dressing
12/05-12/09	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Peaches	1/2 Cup Diced Peaches	1/2 Cup Fruit Mix
08/22-08/26	1 EA Beef Hot Dog W/ Chili Beans on a WG Bun OR	2 OZ Chicken Taco W/ Tortilla Wrap and Salsa 1 OZ Shredded Cheese OR	1 EA Cheeseburger W/ WG Bun OR	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy OR	1 EA WG Cheese Pizza OR
09/19-09/23	1 Cup Ham Macaroni & Cheese	1 EA Ham, Turkey, and Cheese Sandwich	12 PCS General Tso's Chicken W/ 1/2 Cup Brown Rice	1 EA Corn Dog	1 EA Tuna Salad on WG Bread
10/17-10/21	3/4 Cup Potato Wedges OR	3/4 Cup Black Beans OR	3/4 Cup Corn OR	3/4 Cup Green Beans OR	3/4 Cup Carrots OR
11/14-11/18	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Green Beans OR	1 1/2 Cup Local Salad W/ Assorted Dressing
12/12-12/16	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Peaches	3/4 Cup Local Cucumber Salad	1/2 Cup Fruit Mix
08/29-09/02	4 OZ Spaghetti Meat Sauce W/ 1/2 Cup Spaghetti Noodles OR	2 OZ Chicken Taco Meat W/ Salsa and 1/2 Cup Brown Rice 1/2 OZ Shredded Cheese OR	1 EA Breaded Chicken Patty W/ WG Bun OR	1 Cup Beef & Broccoli 1/2 Cup Brown Rice OR	1 EA WG Pepperoni Pizza OR
09/26-09/30	1 EA Pork Rib Patty W/ WG Bun	1 EA Salisbury Steak W/ 1/2 Cup Brown Rice & 2 OZ Gravy	1 EA Ham & Cheese Sandwich	1 EA Turkey & Cheese Sandwich	4 OZ Chicken Salad W/ 2 SL WG Bread
10/24-10/28	3/4 Cup Corn OR	3/4 Cup Black Beans OR	3/4 Cup Chili Beans OR	3/4 Cup Green Beans OR	3/4 Cup Carrots OR
11/21-11/25	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1 1/2 Cup Local Salad W/ Assorted Dressing
	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Peaches	1/2 Cup Diced Peaches	1/2 Cup Fruit Mix

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.