

The afterschool dinner menus are consistent with the Dietary Guidelines for Americans. We offer protein, whole grains and a variety of fruits and vegetables weekly. In addition we offer 1% plain milk and fat free flavored milk.



Fueling Student Performance Through Healthy Dining

MENU SUBJECT TO CHANGE

October 2023

Gustine Unified SD Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
WGR Corn Dog ² Green Beans Fresh Fruit Milk	WGR Cheese Pizza ³ Carrots Fresh Fruit Milk	WGR Hot Dog ⁴ Pinto Beans Fresh Fruit Milk	WGR Italian Dunkers ⁵ Carrots Fresh Fruit Milk	WGR Bean & Cheese Burrito ⁶ Broccoli Fresh Fruit Milk
WGR Bean & Cheese Burrito ⁹ Broccoli Fresh Fruit Milk	WGR Grilled Cheese ¹⁰ Kidney Beans Salsa Fresh Fruit Milk	WGR Crispy Chicken Sandwich ¹¹ Corn Fresh Fruit Milk	WGR Cheeseburger ¹² Celery Sticks Fresh Fruit Milk	WGR Italian Dunkers ¹³ Carrots Fresh Fruit Milk
WGR Corn Dog ¹⁶ Green Beans Fresh Fruit Milk	WGR Cheese Pizza ¹⁷ Carrots Fresh Fruit Milk	WGR Hot Dog ¹⁸ Pinto Beans Fresh Fruit Milk	WGR Italian Dunkers ¹⁹ Carrots Fresh Fruit Milk	WGR Bean & Cheese Burrito ²⁰ Broccoli Fresh Fruit Milk
WGR Bean & Cheese Burrito ²³ Broccoli Fresh Fruit Milk	WGR Grilled Cheese ²⁴ Kidney Beans Salsa Fresh Fruit Milk	WGR Crispy Chicken Sandwich ²⁵ Corn Fresh Fruit Milk	WGR Cheeseburger ²⁶ Celery Sticks Fresh Fruit Milk	WGR Italian Dunkers ²⁷ Carrots Fresh Fruit Milk
WGR Corn Dog ³⁰ Green Beans Fresh Fruit Milk	WGR Cheese Pizza ³¹ Carrots Fresh Fruit Milk			



=Vegetarian

WGR = Whole Grain Rich
Food items may contain milk

Meal Includes: Three Components

One entrée = two components

1/2 cup Fruit = one component 1/2 cup Vegetable = one component

1 Milk = one component

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