

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

December 2023

Gustine Unified SD Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				WGR Bean & Cheese Burrito 2M/MA + 2 Grain Broccoli (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)
Galaxy Cheese Pizza 2M/MA + 2 Grain Broccoli (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Deli Sandwich 2M/MA + 2 Grain Kidney Beans (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Crispy Chicken Sandwich 2M/MA + 2 Grain Corn (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Cheeseburger 2M/MA + 2 Grain Celery Sticks (1/2 Cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Italian Dunkers 2M/MA + 2 Grains Carrots (1/2 cup V) Fresh Fruit (1/2 cup F) Milk(8oz)
WGR Corn Dog 2M/MA + 2 Grain Green Beans (1/2 cup V) Fresh Fruit (1/2 cup F) Milk(8oz)	WGR Cheese Pizza 2M/MA + 2 Grain Carrots (1/2 cup V) Fresh Fruit (1/2 cup F) Milk(8oz)	WGR Hot Dog 2M/MA + 2 Grain Pinto Beans (1/2 cup V) Fresh Fruit (1/2 cup F) Milk(8oz)	WGR Italian Dunkers 2M/MA + 2 Grain Carrots (1/2 cup V) Fresh Fruit (1/2 cup F) Milk(8oz)	WGR Bean & Cheese Burrito 2M/MA + 2 Grain Broccoli (1/2 cup V) Fresh Fruit (1/2 cup F)
Galaxy Cheese Pizza 2M/MA + 2 Grain Broccoli (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Deli Sandwich 2M/MA + 2 Grain Kidney Beans (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Crispy Chicken Sandwich 2M/MA + 2 Grain Corn (1/2 cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WGR Cheeseburger 2M/MA + 2 Grain Celery Sticks (1/2 Cup V) Fresh Fruit (1/2 cup F) Milk (8oz)	WINTER BREAK WGR Bean & Cheese Burrito 2M/MA + 2 Grain Broccoli (1/2 cup V) Fresh Fruit (1/2 cup F)
WINTER BREAK WGR Corn Dog 2M/MA + 2 Grain Green Beans (1/2 cup V) Fresh Fruit (1/2 cup F)	WINTER BREAK WGR Cheese Pizza 2M/MA + 2 Grain Carrots (1/2 cup V) Fresh Fruit (1/2 cup F)	WINTER BREAK WGR Hot Dog 2M/MA + 2 Grain Pinto Beans (1/2 cup V) Fresh Fruit (1/2 cup F)	WINTER BREAK WGR Cheeseburger 2M/MA + 2 Grain Celery Sticks (1/2 Cup V) Fresh Fruit (1/2 cup F)	WINTER BREAK WGR Italian Dunkers 2M/MA + 2 Grains Carrots (1/2 cup V) Fresh Fruit (1/2 cup F)



=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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