



# Gilchrist County School District September 2023 PRK Menu

This institution is an equal opportunity provider.  
Menus are subject to change.



Friday, Sept. 1

**Breakfast**

Cereal  
Fruit Selection  
Milk

**Lunch**

Pizza  
California Blend  
Tossed Salad  
Fruit Slushi  
Milk



September 4th



Tuesday, Sept. 5

**Breakfast**

Cereal  
Fruit Selection  
Milk

**Lunch**

Soft Beef Taco  
Steamed Corn  
Black Beans  
Fruit Selection  
Milk

Wednesday, Sept. 6

**Breakfast**

Yogurt  
Fruit Selection  
Milk

**Lunch**

Mac-N-Cheese  
Roll  
Steamed Spinach  
Glazed Carrots  
Fruit Selection  
Milk

Thursday, Sept. 7

**Breakfast**

Pancake w/Sausage  
Fruit Selection  
Milk

**Lunch**

Lasagna Roll Up  
Green Beans  
Tossed Salad  
Fruit Selection  
Milk

Friday, Sept. 8

**Breakfast**

Mini Waffles  
Fruit Selection  
Milk

**Lunch**

Pizza  
Steamed Broccoli  
Cucumber Slices  
Fruit Slushie  
Milk

Monday, Sept. 11

**Breakfast**

Mini Pancakes  
Fruit Selection  
Milk

**Lunch**

Popcorn Chicken  
Mashed Potatoes  
Caesar Salad  
Fruit Selection  
Milk

Tuesday, Sept. 12

**Breakfast**

Sausage w/Toast  
Fruit Selection  
Milk

**Lunch**

Hot Dog  
Baked Beans  
Steamed Broccoli  
Fruit Selection  
Milk

Wednesday, Sept. 13

**Breakfast**

Scrambled Eggs w/Toast  
Fruit Selection  
Milk

**Lunch**

Hamburger  
French Fries  
Cucumber Slices  
Peach Crisp  
Milk

Thursday, Sept. 14

**Breakfast**

Cheese Stick w/Grahams  
Fruit Selection  
&Milk

**Lunch**

Mandarin Chicken  
Steamed Rice  
Steamed Carrots  
Fruit Selection  
Milk

Friday, Sept. 15

**Breakfast**

Cereal  
Fruit Selection  
Milk

**Lunch**

Pizza  
Garlic Roasted Mushrooms  
California Blend  
Fruit Slushie  
Milk



TES Sept. 8

THS Sept. 11-15



Monday, Sept. 18

**Breakfast**

Yogurt  
Fruit Selection  
Milk

**Lunch**

Italian Meatballs  
Breadstick  
Green Beans  
Steamed Cauliflower  
Fruit Selection  
Milk

Tuesday, Sept. 19

**Breakfast**

French Toast  
Fruit Selection  
Milk

**Lunch**

Redneck Nachos  
French Fries  
Baked Beans  
Fruit Selection  
Milk

Wednesday, Sept. 20

**Breakfast**

Breakfast Pizza  
Fruit Selection  
Milk

**Lunch**

Dill Chicken Bites  
French Fries  
Fresh Baby Carrots  
Fruit Selection  
Milk

Thursday, Sept. 21

**Breakfast**

Sausage w/Toast  
Fruit Selection  
Milk

**Lunch**

Salisbury Steak  
Mashed Potatoes  
Roll  
Ranch Broccoli Salad  
Fruit Selection  
Milk

Friday, Sept. 22

**Breakfast**

Cereal  
Fruit Selection  
Milk

**Lunch**

Pizza  
Steamed Corn  
Tossed Salad  
Fruit Slushie  
Milk



September 18-22



September 26

September 21



Monday, Sept. 25

**Breakfast**

Mini Pancakes  
Fruit Selection  
Milk

**Lunch**

Chicken-N-Waffle  
French Fries  
Baby Carrots  
Fruit Selection  
Milk

Tuesday, Sept. 26

**Breakfast**

Boiled Egg w/Toast  
Fruit Selection  
Milk

**Lunch**

Super Nachos  
Refried Beans  
Taco Trimmings  
Fruit Selection  
Milk

Wednesday, Sept. 27

**Breakfast**

Chicken w/Toast  
Fruit Selection  
Milk

**Lunch**

Corn Dog  
Cole Slaw  
French Fries  
Fruit Selection  
Milk

Thursday, Sept. 28

**Breakfast**

Egg Patty w/Toast  
Fruit Selection  
Milk

**Lunch**

Spaghetti  
Green Beans  
Caesar Salad  
Fruit Selection  
Milk

Friday, Sept. 29

**Breakfast**

Cereal  
Fruit Selection  
100% Fruit Juice; Milk

**Lunch**

Mini Pizza Bagels  
California Blend  
Tossed Salad  
Fruit Selection  
Milk

TES  
September 25-29

