

GARFIELD SCHOOL MENU

September/October- 2025

No Cost/Free Meals

BREAKFAST

22 Cereal/Toppings: Fruits, nuts, seeds and yogurt	23 French Toast or Pancakes with Fruit sauce	24 Egg & Cheese Sandwich	25 Whole Grain Muffins	26 Potatoes and Eggs
29 Cereal/Toppings: Fruits, nuts, seeds and yogurt	30 French Toast or Pancakes with Fruit sauce	October 1 Egg & Cheese Sandwich	2 Whole Grain Muffins	3 Potatoes and Eggs

Fresh fruit, yogurt, and milk are offered daily

Milk substitute available

Cream cheese and nut/seed butters are available as well as egg substitutes

LUNCH

Pizza	Pasta	Classic	Cultural	Soup/Sandwich
22 Pizza – Cheese, Pepperoni, Pesto Caesar Salad	23 Lasagna w/ Garlic Bread Spinach	24 Meatloaf w/mashed Potatoes, and Rolls Roasted Carrots	25 Chili Verde/Pork Beans & Rice Corn	26 CurriedChicken Soup/Roll Asian Vegetable Salad
29 Pizza –Cheese, Pepperoni, or Sausage/Peppers Caesar Salad	30 Fettucini Alfredo/ Chicken Broccoli	October 1 Cheeseburger and Fries Corn on the Cobb	2 Egg Fried Rice with Tofu Bok Choy	3 Butternut Squash Rolls Bean Salad

Fresh fruit, vegetables, and milk offered daily. Every meal can be ordered vegetarian.

All meals can be prepared allergen free.

Above you will find our menu for the next two weeks. You will be receiving October's full month menu next Monday. We hope this does not inconvenience families a great deal. Thank you for your patience.