



KEYSTONE
FOOD SERVICE

Gore ES

Lunch September 2023

Mon, 9 /4	Tue, 9 /5	Wed, 9 /6	Thu, 9 /7	Fri, 9 /8	Fri, 9 /1
No School	Pizza Pasta Green Beans Caesar Salad Breadstick Fruit Milk	BBQ Chicken Loaded Baked Potato Baby Carrots Dinner Roll Fruit Milk	Pulled Pork Sandwich Tater Tots Baked Beans Fruit Milk	Beef Taco Refried beans Chips & Salsa Fruit Milk	Chicken Quesadilla Refried beans Chips & Salsa Fruit Milk
Mon, 9 /11	Tue, 9 /12	Wed, 9 /13	Thu, 9 /14	Fri, 9 /15	
Chicken Nuggets French Fries Coleslaw Dinner Roll Fruit Milk	Personal Cheese Pizza Italian Salad Baby Carrots Fruit Milk	Glazed Ham Mashed Potatoes & Gravy Dinner Roll Green Beans Fruit Milk	Cheeseburger Baked Beans Baby Carrots Fruit Milk	Chicken Taquitos Refried beans Chips & Salsa Fruit Milk	
Mon, 9 /18	Tue, 9 /19	Wed, 9 /20	Thu, 9 /21	Fri, 9 /22	
Green Beans Baby Carrots Fruit Milk	Spaghetti & Meat Sauce Breadstick Caesar Salad Cucumber Slices Fruit Milk	Waffle and Syrup Scrambled Eggs Sausage Patty Seasoned Potatoes Baby Carrots Fruit Milk	Chili Cheese Tots Side Salad Chili Beans Dinner Roll Fruit Milk	No School	
Mon, 9 /25	Tue, 9 /26	Wed, 9 /27	Thu, 9 /28	Fri, 9 /29	
Ham & Cheese Melt Tomato Soup Cucumber Slices Fruit Milk	Pizza Caesar Salad Baby Carrots Fruit Milk	Chicken Nuggets Mashed Potatoes & Gravy Dinner Roll Green Beans Fruit Milk	Beef Hot Dog Tater Tots Side Salad Fruit Milk	Sour Cream Chicken Enchilada Refried beans Chips & Salsa Fruit Milk	

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

September 2023



Gore ES Breakfast September 2023

Mon, 9 /4	Tue, 9 /5	Wed, 9 /6	Thu, 9 /7	Fri, 9 /1
No School	Pancake Sausage Patty or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk
Mon, 9 /11	Tue, 9 /12	Wed, 9 /13	Thu, 9 /14	Fri, 9 /15
French Toast Sticks or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Pancakes & Toppings or Cereal & Toast Fruit Juice Milk	Breakfast Burrito or Cereal & Toast Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk
Mon, 9 /18	Tue, 9 /19	Wed, 9 /20	Thu, 9 /21	Fri, 9 /22
Muffin Yogurt or Cereal & Toast Fruit Juice Milk	Breakfast Burrito or Cereal & Toast Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk	No School
Mon, 9 /25	Tue, 9 /26	Wed, 9 /27	Thu, 9 /28	Fri, 9 /29
Pancake on a Stick or Cereal & Toast Fruit Juice Milk	Ham & Cheese Biscuit or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Kolache or Cereal & Toast Fruit Juice Milk	Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk

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Gore HS Lunch September 2023

Mon, 9 /4	Tue, 9 /5	Wed, 9 /6	Thu, 9 /7	Fri, 9 /8	Fri, 9 /1
No School	Pizza Pasta Or Chicken Alfredo Green Beans Caesar Salad Breadstick Fruit Milk	BBQ Chicken Loaded Baked Potato Or BBQ Pulled Pork Baby Carrots Dinner Roll Fruit Milk	Pulled Pork Sandwich Or Beef Hot Dog Tater Tots Baked Beans Fruit Milk	Beef Taco Or Pork Taco Refried beans Chips & Salsa Fruit Milk	Chicken Quesadilla Or Nacho Bar (Beef, Queso and Tortilla Chips) Refried beans Chips & Salsa Fruit Milk
Mon, 9 /11	Tue, 9 /12	Wed, 9 /13	Thu, 9 /14	Fri, 9 /15	
Chicken Nuggets Or Breaded Chicken Sandwich French Fries Coleslaw Dinner Roll Fruit Milk	Personal Pizza Or Chicken Spaghetti Italian Salad Baby Carrots Fruit Milk	Glazed Ham Or BBQ Cheddar Mini-Meatloaf Green Beans Dinner Roll Mashed Potatoes & Gravy Fruit Milk	Cheeseburger Or Corn Dog Baked Beans Baby Carrots Fruit Milk	Chicken Taquitos Or Burrito Bowl (Beef, Queso, Rice) Refried beans Chips & Salsa Fruit Milk	
Mon, 9 /18	Tue, 9 /19	Wed, 9 /20	Thu, 9 /21	Fri, 9 /22	
Or Chicken Alfredo Green Beans Baby Carrots Fruit Milk	Spaghetti & Meat Sauce Or Personal Pizza Caesar Salad Cucumber Slices Breadstick Fruit Milk	Waffle and Syrup Scrambled Eggs Sausage Patty Or Cheeseburger Seasoned Potatoes Baby Carrots Fruit Milk	Chili Cheese Tots Or Chicken Quesadilla Side Salad Chili Beans Dinner Roll Fruit Milk	No School	
Mon, 9 /25	Tue, 9 /26	Wed, 9 /27	Thu, 9 /28	Fri, 9 /29	
Ham & Cheese Melt Or Pig in a Blanket Tomato Soup Cucumber Slices Fruit Milk	Pizza Or Chicken Wrap Caesar Salad Baby Carrots Fruit Milk	Chicken Nuggets Or Cheeseburger Mac Mashed Potatoes & Gravy Dinner Roll Green Beans Fruit Milk	Beef Hot Dog Or Breaded Chicken Sandwich Tater Tots Side Salad Fruit Milk	Sour Cream Chicken Enchilada Or Nacho Bar (Beef, Queso and Tortilla Chips) Refried beans Chips & Salsa Fruit Milk	

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Mon, 9 /4	Tue, 9 /5	Wed, 9 /6	Thu, 9 /7	Fri, 9 /1
No School	Pancake Sausage Patty Cinnamon Roll Fruit Juice Milk	Donut Sausage Biscuit Fruit Juice Milk	Scrambled Eggs Toast Or Poptart Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk
Mon, 9 /11	Tue, 9 /12	Wed, 9 /13	Thu, 9 /14	Fri, 9 /15
French Toast Sticks Oatmeal Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Breakfast Burrito Muffin Fruit Juice Milk	Pancakes & Toppings Or Poptart Fruit Juice Milk	Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk
Mon, 9 /18	Tue, 9 /19	Wed, 9 /20	Thu, 9 /21	Fri, 9 /22
Muffin Yogurt Ham & Cheese Biscuit Fruit Juice Milk	Breakfast Burrito Or Poptart Fruit Juice Milk	Donut Ubr Bar Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk	No School
Mon, 9 /25	Tue, 9 /26	Wed, 9 /27	Thu, 9 /28	Fri, 9 /29
Pancake on a Stick or Cereal & Toast Fruit Juice Milk	Ham & Cheese Biscuit Pancakes w/ Syrup Fruit Juice Milk	Scrambled Eggs Toast Or Poptart Fruit Juice Milk	Kolache Cinnamon Roll Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk

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