


GC HS MENUS

	First Day! Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
	<p>Fuel up with a nutritious breakfast and lunch each day at <u>no cost to students!</u> Please money for your meal account if you wish to purchase a la carte or extra items. <u>Adult</u> meal prices are \$2.50 for breakfast and \$3.50 for lunch.</p>	Breakfast Pizza (*) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)
	New! Chicken (*) on Bun (25) Or Hamburger (1) on Bun (25) or Salad Bar (*) Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, ½ c. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)	BBQ Pork, 2 oz. (16) on Bun (25) Or Pizza (36) or Salad Bar (*) Golden Corn, ½ c. (16) Baked Beans, ½ c. (29) Steamed Broccoli, ½ c. (5) Baby Carrots, ½ c. (2.5) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23*) Milk (11-22), Choice of Dipping Sauce (*)	Beef Taco, 3 oz. (*) & Cheese (1) Or Pizza (36) or Salad Bar (*) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, 1 oz. (2) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Veggie Cup*, ½ c. (2.5) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (11-22), Taco Sauce
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (*) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Papa John's Pizza (40) or Salad Bar (*) Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)	Salisbury Steak (2)/Gravy (5) Or Hamburger (1) on Bun (25) or Salad Bar (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread (18 ea.) Fresh Fruit Assortment (~15) Pineapple Tidbits, ½ c. (19) Milk (11-22)	Lasagna Roll-Up (27) Or Pizza (36) or Salad Bar (*) Breadstick (14) Green Beans, ½ c. (4) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Fingers, 8 (*) & Pancakes (*) & Syrup (*) or Salad Bar Potato Cubes, ½ c. (14) Fresh Veggies, ½ c. (2.5), FF Ranch (6) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)	Mandarin Orange Chicken (19) Or Pizza (36) or Salad Bar (*) Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla (19) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (11-22)
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (*) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Papa John's Pizza (40) or Salad Bar (*) Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)	Hot Dog (2) on Bun (27) Or Hamburger (1) on Bun (25) Or Salad Bar (*) Baked Beans, ½ c. (29) Baked Chips (15-17) Steamed Broccoli, ½ c. (2.5) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (11-22)	BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy (*) or Salad Bar (*) Potato Cubes, ½ c. (*) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)	Chicken Strips, 4 (22) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (11-22) Assorted Dipping Sauces (*)	Fish (16) & Cheese (1) on Bun (25) or Or Pizza (36) or Salad Bar (*) Green Beans, ½ c. (4) Baked Potato, ½ c. (20) Coleslaw, ½ c. (9) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)
Monday, August 28	Tuesday, August 28	Wednesday, August 30	Thursday, August 31	Friday, September 1
Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (*) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Mini Cinnis (40), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	NO SCHOOL FOR STUDENTS
Papa John's Pizza (40) or Salad Bar (*) Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (11-22)	New! Chicken (*) on Bun (25) Or Hamburger (1) on Bun (25) or Salad Bar (*) Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)	BBQ Pork, 2 oz. (16) on Bun (25) Or Pizza (36) or Salad Bar (*) Golden Corn, ½ c. (16) Baked Beans, ½ c. (29) Steamed Broccoli, ½ c. (5) Baby Carrots, ½ c. (2.5) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar (*) Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23*) Milk (11-22), Choice of Dipping Sauce (*)	Numbers in parenthesis next to menu items (**) indicate the grams of carbohydrates. For menu suggestions, please contact Kristy Hodges via email at kristy.hodges@grayson.kyschools.us .