

# GCHS MENUS

Monday, December 31	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
NO SCHOOL	NO SCHOOL	Cinni Minis (40) or Pop-Tarts (37 ea.), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)
		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 Slush Cups (20) Milk (13-20)	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 (13-20) Assorted Dipping Sauces (*)	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 (13-20)
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Cinni Minis (40) or Pop-Tarts (37 ea.), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Strawberry Smoothies – 18 oz. (86) & Goldfish Grahams (19) OR Eggo Mini Pancakes (35), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Canadian Bacon, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)
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 Slush Cups (20) Milk (13-20)	Chicken (15) on Bun (25) Or Seasoned 100% Beef Hamburgers 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 (13-20)	Chili, 8 oz. (22), Crackers (5 per pack) Or Salad Bar (*) Grilled Cheese Sandwich (30) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)	Oven Roasted Chicken (0) Or Salad Bar (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (13-20) Choice of Dipping Sauce (*)	Mandarin Orange Chicken (19) Fiesta Rice, ½ c. (21), Tortilla (15) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar (*) Golden Corn, ½ c. (16) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20), Milk (13-20)
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Sausage Biscuit (26), Gravy (10) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)
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 (13-20)	Salisbury Steak (2)/Gravy (5) Or Mini Corn Dogs, 6 (30) 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 (13-20)	Buffalo Chicken Pizza (35) Or Salad Bar (*) Golden Corn, ½ c. (16) Steamed Broccoli, ½ c. (5) Baby Carrots, ½ c. (2.5) Fresh Fruit Assortment (~15) Fruit Slush Cups (20) Milk (13-20)	Chicken Strips, 4 (22) Or Salad Bar (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (13-20) Choice of Dipping Sauce (*)	BBQ Pork (16) on Bun (25) Or Philly Cheese Sub (*) or Salad Bar (*) Baked Chips (15-17) Baked Beans, ½ c. (29) Fresh Veggies, ½ c. (2.5), FF Ranch (6) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (13-20)
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
NO SCHOOL	Strawberry Smoothies – 18 oz. (86) & Goldfish Grahams (19) OR Eggo Mini Pancakes (35), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Canadian Bacon, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)
IN OBSERVANCE OF MARTIN LUTHER KING, JR DAY	Seasoned 100% Beef Hamburgers on Bun (25) or Hot Dog (2) on Bun (27) Or Salad Bar Baked Beans, ½ c. (29) Onion Rings, 5 (28) Fresh Romaine Lettuce & Tomato, ½ c. (1) Fresh Fruit Assortment (~15) Frozen Jonny Pops (10-11), Milk (13-20)	BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy, ½ c. (10) Or Salad Bar (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (36) Fresh Fruit (~15) Milk (13-20)	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 (13-20) Assorted Dipping Sauces (*)	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 (13-20)

# GCHS MENUS

Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Sausage Biscuit (26), Gravy (10) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)
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 Slush Cups (20) Milk (13-20)	Chicken (15) on Bun (25) Or Seasoned 100% Beef Hamburgers 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 (13-20)	Chili, 8 oz. (22), Crackers (5 per pack) Or Salad Bar (*) Grilled Cheese Sandwich (30) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)	Oven Roasted Chicken (0) Or Salad Bar (*) Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (13-20) Choice of Dipping Sauce (*)	Mandarin Orange Chicken (19) Fiesta Rice, ½ c. (21), Tortilla (15) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar (*) Golden Corn, ½ c. (16) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Sidekicks (20), Milk (13-20)