

# GCM S MENUS

Monday, December 31	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
NO SCHOOL	NO SCHOOL	Sausage Biscuit (26) 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)
		Chicken Strips, 4 (22) Or Salad Bar Steamed Broccoli, ½ c. (5) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (13-20)	Taco Meat, 3 oz. (4) & Shredded Cheese (1) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (13-20)	Buffalo Chicken Pizza (35) Or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Green Beans, ½ c. (4) Baby Carrots, ½ c. (2.5) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) 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)
Mini Corn Dogs, 6 (30) Or Big Daddy's Four Cheese Pizza (35) or Big Daddy's Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18), Milk (13-20)	Chili, 8 oz. (22), Crackers (5 per pack) Grilled Cheese Sandwich (30) Or Tony's Deep Dish Personal Pizza (35) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)	Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Broccoli & Red Peppers, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (13-20)	Top-N-Go Doritos (27) with Fajita Chicken, 3 oz. Or Big Daddy's Four Cheese Pizza (35) Or Big Daddy's Pepperoni Pizza (35) Or Salad Bar Shredded Cheese, 1 oz. (1) Corn, ½ c. (16), Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (~15), Salsa, ¼ c. (4) Fruit Sidekicks (20), 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)
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)
Hot Dog (2) on Bun (31) Or Big Daddy's Four Cheese Pizza (35) or Big Daddy's Pepperoni Pizza (35) Or Salad Bar Baked Beans, ½ c. (29) Potato Smiles, 4 ea. (28) Broccoli Florets, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23), Milk (13-20)	Chicken Fillet (15) on Bun (31) Or Hamburger (1) on Bun (31) Or Salad Bar Baked Potato Wedges, ½ c. (18) Green Beans, ½ c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (13-20)	Chicken Smackers, 10 (20) & Waffle (37), Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit, ½ c. (~15) Peach Slices, ½ c. (12) Milk (13-20)	Pork BBQ (16) on Bun (31) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Baby Carrots & Celery Sticks, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (13-20)	Chicken Alfredo (39) Or Big Daddy's Four Cheese Pizza (35) Or Big Daddy's Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4), Sour Cream (1) Fresh Fruit (~15) Pineapple Tidbits, ½ c. (18), Milk (13-20)
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
NO SCHOOL	Cinni Minis (40) or Pop-Tarts (37 ea.), Fruit (~15), 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	Lasagna Roll-Up (27) & Cheesy Breadstick (15) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Cheesy Breadstick (15) Green Beans, ½ c. (4) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Diced Pears, ½ c. (14) Milk (13-20)	Chicken Strips, 4 (22) Or Salad Bar Steamed Broccoli, ½ c. (5) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (13-20)	Taco Meat, 3 oz. (4) & Shredded Cheese (1) Or Big Daddy's Four Cheese Pizza (35) Or Big Daddy's Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20), Milk (13-20)	Buffalo Chicken Pizza (35) Or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Steamed Broccoli, ½ c. (5) Baby Carrots, ½ c. (2.5) Fresh Fruit Assortment (~15) Peach Slush Cups (20) Milk (13-20)

# G C M S M E N U S

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)
Corn Dog (30) Or Big Daddy's Four Cheese Pizza (35) or Big Daddy's Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18), Milk (13-20)	Chili, 8 oz. (22), Crackers (5 per pack) Grilled Cheese Sandwich (30) Or Tony's Deep Dish Personal Pizza (35) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)	Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Cauliflower & Red Peppers, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (13-20)	Top-N-Go Doritos (27) with Fajita Chicken, 3 oz. Or Tony's Deep Dish Personal Pizza (35) or Salad Bar Shredded Cheese, 1 oz. (1) Corn, ½ c. (16), Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (~15), Salsa, ¼ c. (4) Fruit Sidekicks (20), 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)