

GCHS MENU

National School Breakfast Week is March 4 - March 11, 2019.
FUEL UP with a nutritious breakfast in the cafeteria daily, starting at 7 a.m.
JOIN US FOR NEW BREAKFAST ITEMS AND GIVE-AWAYS!



Monday, March 4	Tuesday, March 5	ASH WEDNESDAY, March 6	Thursday, March 7	LENT - Friday, March 8
Sausage Pancake on a Stick (18) & Syrup (31) or Bakery Style Cinnamon Roll (37), Fruit (~15), Fruit Juice (15) &/or Milk	Breakfast Pizza (40) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Pork Chop Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1), Nutella (10), or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) 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)	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)	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)	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) Assorted Dipping Sauces (*)	Mandarin Orange Chicken (19) Fiesta Rice, ½ c. (21), Tortilla (15) Or Tony's Cheese or Pepperoni 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, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	LENT - Friday, March 15
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), 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)	Oven Baked Omelet (11) 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 (31) 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)	BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) 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)	Oven Roasted Chicken (0) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (13-20) Choice of Dipping Sauce (*)	Nachos: Beef Taco, 3 oz. & Queso (2) or Big Daddy's Cheese or Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, 2 oz. (4) 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, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	LENT - Friday, March 22
Glazed Cinnamon French Toast (26) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (40) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	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)
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)	Baked Pork Chop (0), White Gravy (10) Or Salad Bar Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Biscuit (26) Fresh Fruit Assortment (~15) Pineapple Tidbits, ½ c. (19) Milk (13-20)	Seasoned 100% Beef Hamburgers on Bun (31) 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)	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 Big Daddy's Cheese or Pepperoni 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, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	LENT - Friday, March 29
Pork Chop Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Sausage Pancake on a Stick (18) & Syrup (31) or Bakery Style Cinnamon Roll (37), Fruit (~15), Fruit Juice (15) &/or Milk	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1), Nutella (10), or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)	Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) 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)	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)	Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Vegetable Beef Soup, 8 oz. (31), Crackers (5) Baked Chips (15-17) Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6) Fresh Fruit Assortment (~15) Fruit Sidekicks (20), Milk (13-20)	Chicken Strips, 4 (22) Waffle (37) & Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5), FF Ranch (6) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (13-20)	BBQ Pork (16) on Bun (31) Or Fish Sandwich (*) or Salad Bar Baked Chips (15-17) Baked Beans, ½ c. (29) Golden Corn, ½ c. (16) Fresh Fruit Assortment (~15) Fruit Sidekicks (20) Milk (13-20)