

GCMS 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
French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), 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)	Bakery Style Cinnamon Roll (37) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), 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)
Mandarin Orange Chicken (19) Or Big Daddy's Four Cheese Pizza or Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla (19) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekick (20), Milk (13-20)	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)	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 Taco, 3 oz. Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Shredded Cheese, 1 oz. (1) Tortilla Chips (18) 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 Sidekick (20), Milk (13-20)	Big Daddy's Four Cheese or Pepperoni Pizza (35) or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Steamed Broccoli, ½ c. (5) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Fruit Slush Cup (20) Milk (13-20)
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	LENT - Friday, March 15
Chicken (6) Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Breakfast Pizza (22) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)	Sausage, 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) & Toast (18) & Jelly (3) 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 or Pepperoni Pizza (35) Or Salad Bar Baked Beans, ½ c. (29) Potato Smiles, 4 ea. (28) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23), 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 Veggies, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (36) Fresh Fruit (~15) Milk (13-20)	Chicken Strips, 4 (22) Or Salad Bar (Breakfast Burrito) Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Fresh Veggies, ½ c. (2.5) Roll (22) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (13-20)	Beef Taco, 3 oz. (0) & Shredded Cheese (1) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16), Fiesta Rice, ½ c. (21) Tortilla Chips (18) or Doritos (20) Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Slush Cup (20), Milk (13-20)	Chicken Alfredo (39) Or Tony's Deep Dish Cheese or Pepperoni Personal Pizza (35) or Salad Bar Cheesy Breadstick (15) Glazed Carrots, ½ c. (13) Steamed Broccoli, ½ c. (5) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Pineapple Tidbits, ½ c. (18), 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 (22) 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)
Mini Corn Dogs, 6 (30) Or Big Daddy's Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) 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) Romaine & Tomato (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (13-20)	Chicken Smackers, 10 (20) & Waffle (37), Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, 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) Fresh Veggies, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Fruit Slush Cup (20) Milk (13-20)	Chili, 8 oz. (22) & Crackers (5 per pack) Grilled Cheese Sandwich (30) or Wow Butter (8) & Bread (18 ea.) Or Big Daddy's Four Cheese or Pepperoni Pizza (35) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pears, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	LENT - Friday, March 29
French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), 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)	Bakery Style Cinnamon Roll (37) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), 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)
Mandarin Orange Chicken (19) Or Big Daddy's Four Cheese or Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21), Tortilla (19) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (13-20)	Salisbury Steak (2)/Gravy (5) Or Hamburger (1) on Bun (31) Or Salad Bar Seasoned Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, 1 slice (18) Fresh Fruit (~15) Peach Slices, ½ c. (12) Milk (13-20)	Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Green Peas, ½ c. (9) Fresh Veggies, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (13-20)	Nachos: Chicken, 3 oz. & Queso (2) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Tortilla Chips (18) or Doritos (20) 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 Sidekick (20), Milk (13-20)	Big Daddy's Four Cheese or Pepperoni Pizza (35) or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Steamed Broccoli, ½ c. (5) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Fruit Slush Cup (20) Milk (13-20)