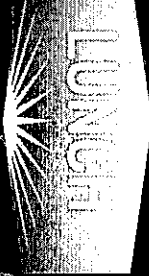


November 2018

GM HIGH SCHOOL MENU



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
*Students must choose 3 of the 5 components



Lunch: \$2.50
Reduced: \$0.40
Students may also choose a Deli Sandwich/Wrap/ Panini, Pizza, Hot Sandwich, Soup, or Pre-Made Salad in place of the Main Entrée listed

Milk: \$0.55



Monday

Cheesy Meatloaf
Dinner Roll
Cauliflower
Mashed Potatoes/Gravy
Pears

Chicken Fajitas
Mexicali Corn
Mandarin Oranges

General Tso's Chicken
Rice
Winter Blend Vegetable
Fresh Pineapple

NO SCHOOL

Tuesday

Goulash
NY Bread Sticks
Green Beans
Peaches

Spaghetti w/ Meatballs
NY Bread Sticks
Green Beans
Apple Slices

Pizza Logs
w/ Sauce
Green Beans
Mixed Greens Salad
Baked Pears

Spaghetti & Meatballs
Garlic Breadsticks
Green Beans
Apple Sauce
Cupcake

Wednesday

MILK, JUICE, AND FLAVORED WATER PRODUCTS SERVED DAILY

Walking Tacos
Cooked Carrots
Apple Sauce
Cinnamon Churros

French Toast & Sausage
Hash Brown Rounds
Melon Salad

NO SCHOOL

Hot Turkey Sandwich
w/ Gravy & Stuffing
Mashed Potatoes
Cauliflower
Pineapple

Thursday

BBQ Pulled Pork
On a Bun
Rice Pilaf
Mixed Vegetables
Fresh Fruit Salad

HOLIDAY MEAL
Turkey, Mashed Potatoes, Stuffing, Corn, Gravy, Roll, Dessert

Chicken Strips
Dipping Sauce
Spiral Fries
Mixed Vegetables
Peaches



BBQ Chicken Wings
w/ Soft Pretzel
Corn Baked Pears

Friday

Ham & Chs Pretzel
California Blend Veggies
Potato Wedges
Peaches

Country Fried Steak
Gravy
Dinner Roll
Broccoli
Fruit Salad

Soup & Bread Sticks
Cuke & Tomato Salad
Pears

NO SCHOOL

Grilled Cheese Sand.
Tomato Soup
California Blend Veggies
Mandarin Oranges