










GHS

Director of Food and Nutrition:
Shelley Juedes - 262-253-3419



April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>2 </p> <p>GHS Lunch Prices: \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p>Milk is included with each student meal.</p>	<p>3 </p> <p>Spring Break</p> <p></p>	<p>4 </p>	<p>5 </p> <p>This institution is an equal opportunity provider.</p>	<p>6 * Contains Pork</p> <p></p>	
<p>9 Sloppy Joe Sandwich or BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Cheese Quesadilla Crispy/Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches Assorted Juice Cup Rice Krispie Treat</p>	<p>10 Beefy Nachos or Chicken Enchilada or Bosco Sticks Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Chilled Pears</p>	<p>11 Soup Bar (Beef Barley, Broccoli Cheese or Chili) w/Bosco Stick or Cinnamon French Toast w/2 Breakfast Sausages* or Breaded Chicken Filet Sandwich or Cook's Choice Garden Bar, Mandarin Oranges, Warm Cinnamon Apples & Mini Powdered Sugar Donuts</p>	<p>12 Italian Spaghetti w/Meat Sauce, Garlic Bread & Parmesan Cheese or 2 Hot Dogs* or Chili Dogs* or 2 Chicken Egg Roll Fresh Garden Bar Savory Corn Assorted Juice Cup Chilled Applesauce</p>	<p>13 Big Daddy 4 Meat* or Cheese Pizza or Popcorn Chicken w/Dinner Roll or Potato Crusted Fish Wedges w/Dinner Roll Baked French Fries Garden Bar, Creamy Cole Slaw, Chilled Strawberries & Blueberries, Fresh Fruit & Bag of Kettle Style Popcorn</p>	<p>Cal 809 T.Fat 23.68 G S.Fat 6.9 G Chol 68.3 Mg Sodm 1236.15 Mg Carb 117.62 G Fiber 11.7 G Prtn 34.73 G Iron 5.13 Mg Calc 567.12 Mg Vit A 47.79 RE Vit C 34.59 Mg</p>
<p>16 Pizza Dippers or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Fresh Garden Bar Steamed Peas Warm Cinnamon Apples Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>17 2 Soft Shell or 3 Hard Shell Tacos w/Mini Pretzel Bites or Macaroni & Cheese w/Mini Pretzel Bites or Gyro Fresh Garden Bar Cheesy Refried Beans Seasonal Fresh Fruit Assorted Sorbet</p>	<p>18 Sub Sandwich Bar (Ham* or Turkey) or Stuffed Crust Cheese Pizza or Chicken Parmesan Sandwich or Large Corn Dog Garden Bar, California Blend Vegetables, Sliced Peaches, Assorted Juice Cup & Bag of Chips</p>	<p>19 Popcorn Chicken w/Dinner Roll or 2 Salisbury Steak w/Dinner Roll or Cook's Choice Mashed Potatoes Fresh Garden Bar Savory Corn Chilled Pears Strawberry Craisins</p>	<p>20 Big Daddy 4 Meat* or Cheese Pizza or Chicken Nuggets or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Assorted Juice Cup Ice Cream Sandwich</p>	<p>Cal 765 T.Fat 21.44 G S.Fat 7.2 G Chol 61.5 Mg Sodm 1364.89 Mg Carb 110.06 G Fiber 12.9 G Prtn 35.41 G Iron 4.70 Mg Calc 553.31 Mg Vit A 43.46 RE Vit C 34.54 Mg</p>
<p>23 Mandarin Orange Chicken w/Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Cook's Choice Fresh Garden Bar Pineapple Tidbits Assorted Juice Cup Fortune Cookie</p>	<p>24 Chicken Nuggets or Warm Cuban Sandwich* or Big Daddy Buffalo Chicken Pizza Tater Gems Fresh Garden Bar Seasoned Green Beans Warm Cinnamon Apples Box of Raisins</p>	<p>25 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone w/Dinner Roll Fresh Garden Bar Crispy/Potato Wedges Garden Bar, Mandarin</p>	<p>26 Italian Spaghetti w/Meat Sauce & Parmesan Cheese or Mini Corn Dogs or Bosco Sticks Fresh Garden Bar Garlic Bread Seasoned Broccoli Crisp Apple w/Caramel Dip Assorted Juice Cup</p>	<p>27 Variety of Homemade Pizza* or Chicken Tenders w/Soft Breadstick or Pork Carnita* Flatbread Sandwich Baked French Fries Fresh Garden Bar Broccoli Cheese Soup Sliced Peaches Seasonal Fresh Fruit Strawberry Ice Cream Cup</p>	<p>Cal 752 T.Fat 21.99 G S.Fat 6.8 G Chol 68.8 Mg Sodm 1076.73 Mg Carb 107.41 G Fiber 9.9 G Prtn 33.30 G Iron 4.22 Mg Calc 488.46 Mg Vit A 40.55 RE Vit C 39.60 Mg</p>
<p>30 Popcorn Chicken w/Soft Baked Pretzel Rod or 2 Hot Dogs* or Chili Dogs* or Chicken Fajita Crispy/Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Chilled Pears Assorted Sorbet</p>	<p>Account Balance: Please access your account on-line at www.germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.</p>			<p></p> <p>The Food and Nutrition Department is accepting applications for ON-CALL SUBSTITUTES. If interested, please apply on the WECAN website at: http://services.education.wisc.edu/wecan and click on support staff.</p>	<p>Cal 834 T.Fat 22.07 G S.Fat 6.3 G Chol 82.8 Mg Sodm 1322.92 Mg Carb 122.75 G Fiber 14.0 G Prtn 37.93 G Iron 5.39 Mg Calc 521.18 Mg Vit A 51.86 RE Vit C 60.54 Mg</p>