





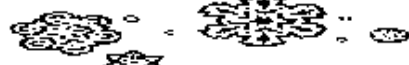




GHS MENU

December 2017



| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|--|---|--|--|--|
| <p>GHS Lunch Prices: \$3.00 Daily \$3.50 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p> <p>This institution is an equal opportunity provider.</p> |  |  |   | <p>1 Variety Homemade Pizza* or Chicken Tenders or Potato Crusted Fish Wedges Tater Tots Fresh Garden Bar Creamy Cole Slaw Chilled Strawberries & Blueberries Seasonal Fresh Fruit</p> | <p>Cal 785 T.Fat 30.24 G S.Fat 7.5 G Chol 58.7 Mg Sodm 1352.88 Mg Carb 99.38 G Fiber 12.5 G Prtn 32.20 G Iron 3.47 Mg Calc 379.15 Mg Vit A 34.98 RE Vit C 44.15 Mg</p> |
| <p>4 Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Fresh Garden Bar Vegetarian Baked Beans Assorted Juice Cup Chocolate Chip Cookie</p> | <p>5 Popcorn Chicken or Meatballs w/Gravy or NEW ITEM Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar Dinner Roll Chilled Pears Warm Cinnamon Apples</p> | <p>6 Sub Sandwich Bar (Ham* or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Macaroni & Cheese w/Pretzel Bites Fresh Garden Bar California Blend Vegetables Sliced Peaches, Fresh Fruit Bag of Chips</p> | <p>7 NEW ITEM Pizzaburger or Chicken Alfredo or 3 Hard Shell or 2 Soft Shell Tacos Fresh Garden Bar Garlic Bread, Green Beans Chilled Applesauce Strawberry Craisins Cotton Candy/Ice Cream Bar</p> <p style="text-align: center;">Holiday Dinner</p> | <p>8 Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Assorted Juice Cup Ice Cream Sandwich</p> | <p>Cal 833 T.Fat 23.91 G S.Fat 7.8 G Chol 74.1 Mg Sodm 1414.99 Mg Carb 116.91 G Fiber 13.5 G Prtn 38.88 G Iron 5.37 Mg Calc 619.50 Mg Vit A 45.45 RE Vit C 26.15 Mg</p> |
| <p>11 Mandarin Orange Chicken w/Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Fresh Garden Bar Pineapple Tidbits Chilled Pears Fortune Cookie</p> | <p>12 Italian Spaghetti w/Meat Sauce or Bosco Sticks or Mini Corn Dogs Garlic Bread Fresh Garden Bar Seasoned Green Beans Assorted Juice Cup Crisp Apple w/Caramel Dip</p> | <p>13 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone w/Dinner Roll Crispy Potato Wedges Garden Bar, Mandarin Oranges & Sour Raisels</p> | <p>14 Caroler's Chicken Nuggets or North Pole Roasted Pork* w/Gravy or 2 Festive Salisbury Steak Merry Mashed Potatoes Sugar Plum Sweet Potatoes Evergreen Garden Bar, Dancing Dinner Roll, Scrooge's Savory Corn, Jingle Bells Juice Cup,</p> | <p>15 Sloppy Joe Sandwich or Big Daddy Buffalo Chicken Pizza* or Chicken Tenders Fresh Garden Bar Chicken Noodle Soup Sliced Peaches Seasonal Fresh Fruit Assorted Graham Snacks</p> | <p>Cal 778 T.Fat 21.76 G S.Fat 6.4 G Chol 71.7 Mg Sodm 1178.04 Mg Carb 112.12 G Fiber 9.7 G Prtn 35.72 G Iron 4.79 Mg Calc 467.54 Mg Vit A 47.13 RE Vit C 38.89 Mg</p> |
| <p>18 Popcorn Chicken w/Dinner Roll or 2 Hot Dogs* or Chili Dogs* or Chicken Fajita Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Chilled Pears Assorted Juice Cup Holiday Sugar Cookie</p> | <p>19 General TSO Chicken w/Mini Pretzel Bite or 2 Cinnamon French Toast with a Cheese Omelets or BBQ Pulled Pork* Sandwich Fresh Garden Bar Cheesy Broccoli Seasonal Fresh Fruit Chilled Strawberries</p> | <p>20 Sub Sandwich Bar (Ham* or Salami*) or Wild Mike's Cheese Pizza or Mini Corn Dogs or Cook's Choice Crispy Mini Tri-Taters Fresh Garden Bar Sliced Peaches Assorted Juice Cup Bag of Chips</p> | <p>21 Double Hamburger or Mini Cheese Ravioli w/Garlic Bread or Spicy Chicken Tenders w/Garlic Bread Fresh Garden Bar Beef Barley Soup Savory Corn Seasonal Fresh Fruit Berry & Bright Johnny Pop</p> | <p>22 Big Daddy 4 Meat* or Cheese Pizza or Chicken Filet Sandwich or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Strawberry Craisins Mandarin Oranges Vanilla Cupcake</p> | <p>Cal 828 T.Fat 23.68 G S.Fat 7.7 G Chol 73.4 Mg Sodm 1293.49 Mg Carb 120.84 G Fiber 12.3 G Prtn 34.98 G Iron 4.98 Mg Calc 591.40 Mg Vit A 49.31 RE Vit C 32.11 Mg</p> |
| <p>25</p>  | <p>26</p>  | <p>27</p>  | <p>28</p> | <p>29</p>  | <p>HAPPY NEW YEAR</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> | | | | | |