



GHS MENU

January 2018

This institution is an equal opportunity provider.

Director of Food and Nutrition:
Shelley J uedes - 262-253-3419



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 <u>GHS Lunch Prices:</u> \$3.00 Daily \$3.50 Adult Daily Lunch \$.35 Milk Milk is included with each student meal.	2 Chicken Tenders or Double Cheeseburger or 2 Hot Dogs* Fresh Garden Bar Dinner Roll Savory Corn Applesauce Cup Mixed Fruit Chocolate Cupcake	3 Baked Potato Bar or Beefy Nachos or 2 Pizza Dippers or Oven Roasted Chicken-on-the-Bone French Fries, Fresh Garden Bar, Dinner Roll, Sliced Peaches, Juice Cup, Raspberry Churro	4 Italian Spaghetti w/Meat Sauce or Crispy Chicken O's or Cheese Pizza Quesadilla Fresh Garden Bar Garlic Bread Sweet Carrot Coin Sliced Peaches Sour Orange or Lemon Raisels	5 Big Daddy 4 Meat* or Cheese Pizza or Macaroni & Cheese w/Mini Pretzel Bites or Chicken Nuggets Mini Pretzel Bite Sweet Potato Fries Fresh Garden Bar Chilled Pears Seasonal Fresh Fruit Cotton Candy/Ice Cream Bar	Cal 836 T.Fat 24.76 G S.Fat 7.4 G Chol 66.9 Mg Sodm 1202.78 Mg Carb 120.31 G Fiber 13.8 G Prtn 38.08 G Iron 5.79 Mg Calc 565.04 Mg Vit A 44.94 RE Vit C 31.42 Mg
8 Mandarin Orange Chicken w/Dinner Roll or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Strawberry Craisins Fortune Cookie	9 Chicken Tenders or Grilled Cheese Sandwich or Chicken Fajita Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Chilled Pears Minion Graham Snacks	10 Stuffed Crust Cheese Pizza or Cook's Choice Fresh Garden Bar Crispy Tri Tater Chilled Strawberries Assorted Juice Cup Bag of Chips	11 Chicken Nuggets or Cook's Choice Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Chilled Applesauce Chilled Pears	12 NO SCHOOL! TEACHER IN-SERVICE	Cal 769 T.Fat 19.56 G S.Fat 5.4 G Chol 49.3 Mg Sodm 1214.84 Mg Carb 115.17 G Fiber 12.0 G Prtn 35.95 G Iron 4.17 Mg Calc 536.84 Mg Vit A 45.22 RE Vit C 30.78 Mg
GHS EXAMS - 1/9, 1/10, & 1/11					
NEW!					
15 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 Strawberry Ice Cream Cup	16 Italian Spaghetti w/Meat Sauce & Garlic Bread or 2 Hot Dogs* or 2 Chili Dogs* or WG Chicken Egg Roll Fresh Garden Bar Savory Corn Pineapple Tidbits Assorted Juice Cup	17 HOT SOUP BAR w/BOSCO STICK (Beef Barley, Broccoli Cheese or Homemade Chicken Noodle) or Beef Tornado or Cinnamon French Toast w/2 Breakfast Sausages* or Chicken Patty Sandwich Garden Bar, Pears, Juice & Double Choc. Chip Cookie	18 Philly Steak Sandwich or Mini Cheese Ravioli w/Garlic Bread or Chicken Enchilada Fresh Garden Bar Seasoned Broccoli Crisp Red Grapes Chilled Pears Mini Powdered Sugar Donuts	19 Big Daddy 4 Meat* or Cheese Pizza or Chicken Tenders or Crunchy Fish Sticks Baked French Fries Fresh Garden Bar Creamy Cole Slaw Chilled Strawberries & Blueberries Seasonal Fresh Fruit Bag of Kettle Style Popcorn	Cal 857 T.Fat 26.19 G S.Fat 7.8 G Chol 68.5 Mg Sodm 1318.17 Mg Carb 122.19 G Fiber 11.4 G Prtn 35.63 G Iron 26.28 Mg Calc 596.53 Mg Vit A 52.77 RE Vit C 37.44 Mg
22 Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Fresh Garden Bar Steamed Peas Mixed Fruit Strawberry Banana Johnny Pop Smoothy Bar	23 Popcom Chicken w/Dinner Roll or Meatballs w/Gravy w/Dinner Roll or Warm Cuban Sandwich Mashed Potatoes Fresh Garden Bar Peas & Carrots Chilled Pears Warm Cinnamon Apples	24 Sub Sandwich Bar (Ham* or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Macaroni & Cheese Fresh Garden Bar California Blend Vegetables Sliced Peaches, Juice Cup & Bag of Chips	25 Chicken Alfredo w/Garlic Bread or 3 Hard Shell or 2 Soft Shell Tacos or Pizzaburger on a Bun Fresh Garden Bar Seasoned Green Beans Chilled Applesauce Assorted Sorbet	26 Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Chicken Nuggets Baked Spudster Potatoes Fresh Garden Bar Seasonal Fresh Fruit Assorted Juice Cup Ice Cream Sandwich	Cal 803 T.Fat 23.39 G S.Fat 7.8 G Chol 68.5 Mg Sodm 1360.24 Mg Carb 111.77 G Fiber 13.5 G Prtn 38.72 G Iron 5.29 Mg Calc 594.47 Mg Vit A 44.94 RE Vit C 35.72 Mg
Account Balance: Please access your account on-line at www.Germantownschoools.org . Make checks payable to: German town Food & Nutrition and include your child's name on your payment.					
29 Mandarin Orange Chicken w/Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Fresh Garden Bar Pineapple Tidbits Assorted Juice Cup Fortune Cookie	30 Bosco Sticks or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Fresh Garden Bar Seasoned Curly Fries Green Beans Seasonal Fresh Fruit Assorted Juice Cup Rice Krispie Treat	31 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone w/Dinner Roll Potato Wedges, Refried Beans, Mandarin Oranges & Chilled Strawberries & Blueberries	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.		Cal 796 T.Fat 22.45 G S.Fat 7.3 G Chol 66.5 Mg Sodm 1221.88 Mg Carb 113.25 G Fiber 9.8 G Prtn 35.05 G Iron 4.40 Mg Calc 569.76 Mg Vit A 42.45 RE Vit C 38.29 Mg