



Monday



Tuesday

March 2018

This institution is an equal opportunity provider.






GHS



Thursday

Friday

Nutrients

<p><u>GHS Lunch Prices:</u> \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p> <p>Director of Food and Nutrition: Shelley Juedes - 262-253-3419</p>		 <p>* Contains Pork</p>	<p>1</p> <p>NO SCHOOL</p> 	<p>2</p> <p>NO SCHOOL</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>5</p> <p>Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Fresh Garden Bar Steamed Peas Warm Cinnamon Apples Chilled Applesauce Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>6</p> <p>2 Soft Shell or 3 Hard Shell Tacos w/Mini Pretzel Bites or Macaroni & Cheese w/Mini Pretzel Bites or Warm Cuban Sandwich* Fresh Garden Bar Cheesy Refried Beans Seasonal Fresh Fruit Assorted Sorbet</p>	<p>7</p> <p>Sub Sandwich Bar (Ham* or Turkey) or Bosco Stuffed Crust Cheese Pizza or Chicken Parmesan Sandwich or Large Corn Dog Fresh Garden Bar California Blend Vegetables, Sliced Peaches, Juice Cup & Bag of Chips</p>	<p>8</p> <p>Popcorn Chicken w/Dinner Roll or Meatballs w/Gravy w/Dinner Roll or Pizzaburger on a Bun Mashed Potatoes Fresh Garden Bar Savory Corn Chilled Peas Strawberry Craisins</p>	<p>9</p> <p>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 791 T.Fat 22.29 G S.Fat 7.1 G Chol 60.2 Mg Sodm 1387.92 Mg Carb 113.44 G Fiber 13.5 G Prtn 38.45 G Iron 4.97 Mg Calc 578.84 Mg Vit A 44.67 RE Vit C 36.70 Mg</p>
<p>12</p> <p>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</p>	<p>13</p> <p>Bosco Sticks or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Seasoned Curly Fries Fresh Garden Bar Seasoned Green Beans Box of Raisins Crisp Apple w/Caramel Dip</p>	<p>14</p> <p>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 & Fresh Fruit</p>	<p>15</p> <p>Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Assorted Juice Cup Applesauce Cup</p>	<p>16</p> <p>Variety Homemade Pizza* or Chicken Tenders or Sloppy Joe Sandwich Baked French Fries Fresh Garden Bar Broccoli Cheese Soup Sliced Peaches Seasonal Fresh Fruit 100% Fruit Sherbet Cup</p>	<p>Cal 803 T.Fat 22.72 G S.Fat 6.9 G Chol 68.1 Mg Sodm 1240.42 Mg Carb 115.57 G Fiber 9.9 G Prtn 35.05 G Iron 4.16 Mg Calc 515.77 Mg Vit A 41.52 RE Vit C 45.09 Mg</p>
<p>19</p> <p>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 Peas Oatmeal Raisin Cookie</p>	<p>20</p> <p>General TSO Chicken w/Mini Pretzel Bites or Cinnamon French Toast w/Cheese Omelet or BBQ Pulled Pork* Sandwich Fresh Garden Bar Orange Smiles Warm Cinnamon Apples</p>	<p>21</p> <p>Sub Sandwich Bar (Ham* or Salami*) or Wild Mike's Cheese Pizza or Gyro or Cook's Choice Crispy Mini Tri-Taters Fresh Garden Bar Sliced Peaches Assorted Juice Cup</p>	<p>22</p> <p>Italian Spaghetti w/Meat Sauce or Spicy Chicken Tenders or Double Hamburger Fresh Garden Bar Garlic Bread Seasoned Green Beans Seasonal Fresh Fruit Chilled Applesauce</p>	<p>23</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Breaded Chicken Filet Sandwich or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar California Blend Vegetables Mandarin Oranges Strawberry Craisins Vanilla Cupcake</p>	<p>Cal 787 T.Fat 23.50 G S.Fat 7.5 G Chol 72.6 Mg Sodm 1170.16 Mg Carb 113.39 G Fiber 11.5 G Prtn 33.03 G Iron 4.53 Mg Calc 539.92 Mg Vit A 49.54 RE Vit C 29.90 Mg</p>
<p>26</p> <p>Chicken Nuggets or Mozzarella Sticks or Warm Ham* & Cheese on a Sub Bun Fresh Garden Bar Seasoned Broccoli Pineapple Tidbits Assorted Juice Cup Orange Swirl Ice Cream Cup</p>	<p>27</p> <p>2 Soft Shell or 3 Hard Shell Tacos or Bosco Sticks or Homemade Italian Lasagna Fresh Garden Bar Breadstick Cheesy Refried Beans Applesauce Cup Mixed Fruit</p>	<p>28</p> <p>Baked Potato Bar or Chicken Tenders or Mini Cheese Ravioli or Oven Roasted Chicken-on-the-Bone Fresh Garden Bar Garlic Bread Sweet Carrot Coins Chilled Strawberries Assorted Juice Cup Sugar Cookie</p>	<p>29</p> <p>Popcorn Chicken or Turkey & Gravy or Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar Dinner Roll California Blend Vegetables Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>30</p> <p>Good Friday</p> <p>NO SCHOOL</p>	<p>Cal 788 T.Fat 21.07 G S.Fat 6.6 G Chol 61.7 Mg Sodm 1256.44 Mg Carb 106.61 G Fiber 13.0 G Prtn 38.45 G Iron 5.83 Mg Calc 576.19 Mg Vit A 34.27 RE Vit C 32.39 Mg</p>

Account Balance: Please access your account on-line at www.Gemantownschoools.org. Make checks payable to: Gemantown Food & Nutrition and include your child's name on your payment.