



GHS MENU

May 2017



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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Mandarin Orange Chicken w/Fluffy Rice or Beefy Nachos or Spicy Chicken Tenders w/Soft Baked Pretzel Rod Fresh Garden Bar Peas & Carrots Chilled Pineapple Seasonal Fresh Fruit	2 BBQ Pulled Pork* on a Pretzel Roll or Breaded Chicken Filet Sandwich or Cook's Choice Sweet Potato Fries Fresh Garden Bar Seasoned Broccoli Assorted Juice Cup Warm Cinnamon Apples	3 Sub Sandwich Bar (Ham or Turkey) or Mini Corn Dogs or Double Cheeseburger or Stuffed Crust Cheese Pizza Mini Tri-Taters, Garden Bar Chilled Pears Seasonal Fresh Fruit Ice Cream Sandwich	4 Crispy Popcorn Chicken or Breaded Pork Chop* or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Dinner Roll Savory Corn Sliced Peaches Seasonal Fresh Fruit	5 Chicken Nuggets w/Soft Baked Pretzel Rod or Bosco Sticks or Big Daddy 4 Meat* or Cheese Pizza Fresh Garden Bar Vegetarian Baked Beans Chilled Blueberries Frozen Sidekick Slushy	Cal 836 T.Fat 25.89 G S.Fat 6.5 G Chol 57.6 Mg Sodm 1347.73 Mg Carb 117.41 G Fiber 13.0 G Prtn 36.05 G Iron 4.93 Mg Calc 509.44 Mg Vit A 46.50 RE Vit C 45.61 Mg
8 Bratwurst or BBQ Boneless Chicken Wings w/Dinner Roll or Buffalo Cheese Crunchers Lattice Cut Potato Fries Fresh Garden Bar Seasoned Green Beans Sliced Peaches Fresh Fruit & Bag of Kettle Style Popcorn	9 Chicken Tenders w/Dinner Roll or Cheese Quesadilla or BBQ Pork Rib* Sandwich Fresh Garden Bar Cheesy Refried Beans Tropical Fruit Salad Seasonal Fresh Fruit Chocolate Chocolate Chip Muffin	10 Burrito Bowl or Wrap w/Dinner Roll or Chicken Egg Roll w/Fried Rice & Dinner Roll or Cheese Pizza Wedge or 2 Hot Dogs* or Chili Dogs* Garden Bar, Mandarin Oranges & Juice Cup	11 Mozzarella Sticks or Philly Steak Sandwich or Walking Taco w/Toppings Sweet Potato Tots Fresh Garden Bar Savory Corn Chilled Pears Applesauce Cup	12 Big Daddy Buffalo Chicken Pizza or Fish Sandwich w/Cheese or Cook's Choice Oven Baked Potato Wedges Fresh Garden Bar Seasonal Fresh Fruit 100% Fruit Sherbet Cup	Cal 839 T.Fat 26.90 G S.Fat 7.3 G Chol 56.7 Mg Sodm 1289.29 Mg Carb 116.22 G Fiber 11.9 G Prtn 34.97 G Iron 4.84 Mg Calc 568.47 Mg Vit A 40.91 RE Vit C 40.95 Mg
15 Mini Corn Dogs or BBQ Pulled Pork* on a Pretzel Roll or Spicy Chicken Patty Sandwich Baked French Fries Fresh Garden Bar Vegetarian Baked Beans Mandarin Oranges Strawberry Banana Johnny Pop Smoothy Bar	16 Meatball Hoagie or Grilled Cheese Sandwich or Dutch Waffle w/2 Cheese Omelets Tater Gems Fresh Garden Bar Applesauce Cup Strawberry Craisins	17 Sub Sandwich Bar (Ham or Italian) or Bosco Sticks or General TSO Chicken w/Rice & Dinner Roll or Teriyaki Meatballs w/Rice & Dinner Roll Broccoli, Peaches, Fresh Fruit & Chocolate Chip Cookie	18 Crispy Popcorn Chicken or BBQ Pork Rib* Sandwich or Cook's Choice Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Chilled Pears Assorted Sorbet	19 Spicy Chicken Tenders w/Dinner Roll or Stuffed Crust Cheese Pizza or Fish Sandwich w/Cheese Crispy/Tri Tater Fresh Garden Bar Crisp Red Grapes Assorted Juice Cup Bag of Kettle Style Popcorn	Cal 815 T.Fat 26.27 G S.Fat 6.7 G Chol 73.1 Mg Sodm 1325.46 Mg Carb 114.24 G Fiber 10.8 G Prtn 32.34 G Iron 5.77 Mg Calc 521.46 Mg Vit A 45.99 RE Vit C 43.89 Mg
22 Chicken Fajita or Large Corn Dog or Cook's Choice Seasoned Curly Fries Fresh Garden Bar California Blend Vegetables Chilled Blueberries Orange Smiles	23 Chicken Nuggets w/Dinner Roll or Warhawk Burger w/Cheese or Warm Pork Carnita* Flatbread Sandwich Mashed Potatoes Fresh Garden Bar 100% Juice Cup Warm Cinnamon Apples	24 Baked Potato Bar w/Dinner Roll or Italian Calzone w/Meat or Big Daddy Buffalo Chicken Pizza or Grilled Chicken Breast Sandwich Garden Bar, Pineapple, Fresh Fruit & Mint Fudge Ice Cream Cup	25 Chicken Enchilada w/Fluffy Rice or Mandarin Orange Chicken w/Rice & Dinner Roll or Warm Beef & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Sliced Peaches Box of Raisels	26 Macaroni & Cheese w/Dinner Roll or Mini Corn Dogs or Beefy Nachos Seasoned Curly Fries Fresh Garden Bar Cheesy Refried Beans Applesauce Cup Fresh Banana Ice Cream Sandwich	Cal 808 T.Fat 24.86 G S.Fat 7.4 G Chol 55.3 Mg Sodm 1360.36 Mg Carb 114.39 G Fiber 13.4 G Prtn 33.61 G Iron 5.10 Mg Calc 564.11 Mg Vit A 47.05 RE Vit C 51.85 Mg
29 <p style="text-align: center;">MEMORIAL DAY NO SCHOOL</p>	30 Chicken Nuggets w/Biscuit or G-Town Sandwich or Cook's Choice Oven Baked Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Chilled Pears 100% Fruit Sherbet Cup	31 Sub Sandwich Bar (Ham or Salami) or French Bread Cheese Pizza or Chicken Tenders Wrap or Bratwurst Fresh Garden Bar Chilled Applesauce Seasonal Fresh Fruit	GHS Lunch Prices: \$2.80 Daily \$3.45 Adult Daily Lunch \$.35 Milk Milk is included with each student meal. * Contains Pork		Cal 807 T.Fat 23.74 G S.Fat 7.1 G Chol 49.9 Mg Sodm 1324.87 Mg Carb 115.03 G Fiber 10.4 G Prtn 34.44 G Iron 4.53 Mg Calc 548.06 Mg Vit A 42.91 RE Vit C 51.43 Mg

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.