




GHS



May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>GHS Lunch Prices: \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p> <p>* Contains Pork</p>	<p>1</p> <p>General TSO Chicken w/Mini Pretzel Bites or Cinnamon French Toast w/Cheese Omelet or BBQ Pulled Pork* Garden Bar, Chilled Strawberries Warm Cinnamon Apples Fortune Cookie</p> 	<p>2</p> <p>Sub Sandwich Bar (Ham* or Salami*) or Pizza Dippers or Gyro Sandwich or Cook's Choice Entr'ee Crispy Mini Tri-Taters Fresh Garden Bar Sliced Peaches Assorted Juice Cup</p>	<p>3</p> <p>Chicken Nuggets or Roasted Pork & Gravy or Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar Dinner Roll California Blend Vegetables Seasonal Fresh Fruit Chilled Applesauce</p>	<p>4</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Breaded Chicken Filet Sandwich or Cook's Choice Entr'ee Sweet Potato Fries Fresh Garden Bar Steamed Peas Orange Juice Cup Strawberry Craisins Vanilla Cupcake</p>	<p>Cal 813 T.Fat 21.85 G S.Fat 6.9 G Chol 70.3 Mg Sodm 1288.18 Mg Carb 122.89 G Fiber 12.7 G Prtn 34.31 G Iron 4.40 Mg Calc 529.58 Mg Vit A 53.21 RE Vit C 28.57 Mg</p>
<p>7</p> <p>Popcorn Chicken or Pizza Dippers or Warm Ham* & Cheese on a Sub Bun Garden Bar, Green Beans Pineapple Tidbits Assorted Juice Cup Ice Cream Sandwich</p> 	<p>8</p> <p>2 Soft Shell or 3 Hard Shell Tacos or Bosco Sticks or Homemade Italian Lasagna Fresh Garden Bar Dinner Roll Cheesy Refried Beans Mixed Fruit Warm Cinnamon Apples</p>	<p>9</p> <p>Baked Potato Bar or Mini Corn Dogs or Mini Cheese Ravioli or Oven Roasted Chicken-on-the-Bone Fresh Garden Bar, Dinner Roll, Sweet Carrot Coins, Strawberry Craisins, Peaches & Mini Powdered Sugar Donuts</p>	<p>10</p> <p>Macaroni & Cheese w/Mini Pretzel Bites or Spicy Chicken Tenders or Double Hamburger Fresh Garden Bar Garlic Bread Savory Corn Seasonal Fresh Fruit Assorted Juice Cup</p> 	<p>11</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Potato Crusted Fish Wedges w/Mini Pretzel Bites or Chicken Patty Sandwich Sweet Potato Fries, Garden Bar, Country Blend Vegetables, Chilled Pears, Sour Orange or Lemon Raisels & Assorted Desserts</p>	<p>Cal 782 T.Fat 21.07 G S.Fat 7.0 G Chol 55.8 Mg Sodm 1145.59 Mg Carb 115.92 G Fiber 11.8 G Prtn 34.05 G Iron 4.67 Mg Calc 577.24 Mg Vit A 45.59 RE Vit C 31.58 Mg</p>
<p>14</p> <p>Mandarin Orange Chicken w/Dinner Roll or Big Daddy Buffalo Chicken Pizza or Cook's Choice Entr'ee Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Strawberry Craisins Fortune Cookie</p>	<p>15</p> <p>Chicken Tenders or Grilled Cheese Sandwich or Chicken Alfredo Baked Tater Tots Breadstick Fresh Garden Bar Chilled Applesauce Seasonal Fresh Fruit Chocolate Chip Cookie</p> 	<p>16</p> <p>Sub Sandwich Bar (Turkey or Italian*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Sloppy Joe Fresh Garden Bar Steamed Peas Sliced Peaches Bag of Chips Fruit Juice Slushy</p>	<p>17</p> <p>Chicken Nuggets or Salisbury Steak or Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Chilled Applesauce Chilled Pears</p>	<p>18</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Meatball Hoagie or BBQ Pulled Pork* on a Pretzel Roll Seasoned Curly Fries Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits Assorted Juice Cup</p>	<p>Cal 764 T.Fat 21.98 G S.Fat 6.7 G Chol 55.0 Mg Sodm 1252.65 Mg Carb 107.36 G Fiber 11.2 G Prtn 35.49 G Iron 4.70 Mg Calc 524.74 Mg Vit A 42.30 RE Vit C 24.64 Mg</p>
<p>21</p> <p>BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Cheese Quesadilla or Cook's Choice Entr'ee Crispy Potato Wedges Fresh Garden Bar Seasoned Green Beans Sliced Peaches Assorted Juice Cup Rice Krispie Treat</p>	<p>22</p> <p>Beefy Nachos or Chicken Enchilada or Bosco Sticks Fresh Garden Bar Dinner Roll Cheesy Refried Beans Crisp Red Grapes Chilled Pears Vanilla Pudding Cup</p>	<p>23</p> <p>Beef Tornado or Cinnamon French Toast 2 Breakfast Sausages* or Breaded Chicken Filet Sandwich or Cook's Choice Entr'ee Garden Bar, Chilled Strawberries, Warm Cinn. Apples</p>	<p>24</p> <p>Cook's Choice Entr'ee Fresh Garden Bar Savory Corn Assorted Juice Cup Chilled Applesauce</p> 	<p>25</p> <p>Cook's Choice Entr'ee Baked French Fries Garden Bar Assorted Chilled Fruit, Fresh Fruit Bag of Kettle Style Popcorn</p> 	<p>Cal 756 T.Fat 19.16 G S.Fat 5.1 G Chol 40.7 Mg Sodm 1017.90 Mg Carb 122.68 G Fiber 11.3 G Prtn 26.43 G Iron 4.12 Mg Calc 486.66 Mg Vit A 57.08 RE Vit C 36.98 Mg</p>
<p>28</p> 	<p>29</p> 	<p>30</p>	<p>31</p>	<p>Dear Parents, Another school year has come to a close. Thank you for participating in our school lunch program. All account balances will carry over to the next school year. Next year brings many new things for our school district including improvements to our school kitchens. Watch for the exciting changes as they take place. We have enjoyed serving your children this past year and look forward to seeing them in the fall. Have a safe and fun summer break.</p>	