



Director of Food and Nutrition: This institution is an equal opportunity provider.
Shelley Juedes - 262-253-3419

GHS 2017

November

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>* Contains Pork</p>		<p>1</p> <p>Baked Potato Bar w/Dinner Roll or Stuffed Crust Cheese Pizza Meatball Hoagie BBQ Chicken-on-the-Bone Dinner Roll Crispy Potato Wedges Fresh Garden Bar Mandarin Oranges Seasonal Fresh Fruit</p>	<p>2</p> <p>Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Sweet Carrot Coins Assorted Juice Cup Warm Cinnamon Apples</p>	<p>3</p> <p>Sloppy Joe Sandwich or Variety of Homemade Pizza* or Regular or Spicy Chicken Tenders w/Pretzel Bites Fresh Garden Bar Broccoli Cheese Soup Savory Corn Sliced Peaches Seasonal Fresh Fruit Ice Cream Sandwich</p>	<p>Cal 847 T.Fat 23.89 G S.Fat 8.0 G Chol 74.6 Mg Sodm 1242.74 Mg Carb 121.13 G Fiber 11.6 G Prtn 39.73 G Iron 4.30 Mg Calc 526.75 Mg Vit A 43.16 RE Vit C 48.44 Mg</p>
<p>6</p> <p>Warhawk Burger w/Cheese or Crispy Popcorn Chicken or 2 Hot Dogs* or Chili Dogs* Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Chilled Pears Assorted Juice Cup Bag of Nacho Cheese Doritos</p>	<p>7</p> <p>Regular or Spicy Boneless Chicken Wings w/Dinner Roll or Cinnamon French Toast w/2 Cheese Omelets & a Dinner Roll or BBQ Pulled Pork* on a Pretzel Roll Crispy Tri Tater Fresh Garden Bar Seasonal Fresh Fruit Chilled Strawberries</p>	<p>8</p> <p>Sub Sandwich Bar (Ham* or Salami*) or Wild Mike's Cheese Pizza or Large Corn Dog or Cook's Choice Tater Gems Fresh Garden Bar Sliced Peaches, Juice Cup & a Bag of Kettle Style Popcorn or Chips</p>	<p>9</p> <p>Italian Spaghetti w/Meat Sauce or Chicken Fajita or Regular or Spicy Chicken Tenders Fresh Garden Bar Garlic Bread Savory Corn Seasonal Fresh Fruit Assorted Sorbet</p>	<p>10</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Beefy Nachos or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Chilled Applesauce Craisins Vanilla Cupcake</p>	<p>Cal 827 T.Fat 24.68 G S.Fat 7.3 G Chol 72.6 Mg Sodm 1248.60 Mg Carb 119.53 G Fiber 12.1 G Prtn 34.35 G Iron 4.46 Mg Calc 559.31 Mg Vit A 49.14 RE Vit C 30.66 Mg</p>
<p>13</p> <p>Mozzarella Sticks or Mandarin Orange Chicken w/Breadstick or Warm Ham* & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Seasonal Fresh Fruit Fortune Cookie</p>	<p>14</p> <p>Tyson Wings of Fire or Homemade Italian Lasagna or Chicken Enchilada Fresh Garden Bar Dinner Roll Dill Pickle Spear Savory Corn Bag of Frito Chips Applesauce Cup Seasonal Fresh Fruit</p>	<p>15</p> <p>Baked Potato Bar or 3 Hard Shell or 2 Soft Shell Tacos or 2 Pizza Dippers or Oven Roasted Chicken-on-the-Bone Sweet Potato Tots, Garden Bar, Dinner Roll, Cheesy Refried Beans, Sliced Peaches, Juice Cup & a Raspberry Churro</p>	<p>16</p> <p>Pilgrims Popcorn Chicken or Gobble Gobble Turkey & Gravy or 2 Settlers Salisbury Steak Mayflower Mashed Potatoes Feastable Garden Bar, Orange Glazed Sweet Potatoes, Bountiful California Blend Vegetables, Flavorful Fresh Fruit, Autumn Juice Cup & a Delicious Cinnamon Roll</p>	<p>17</p> <p>Variety of Home Pizza* or Macaroni & Cheese or Chicken Nuggets Sweet Potato Fries Mini Pretzel Bite Fresh Garden Bar Chilled Pears Seasonal Fresh Fruit Assorted Sorbet</p>	<p>Cal 820 T.Fat 22.44 G S.Fat 7.1 G Chol 63.0 Mg Sodm 1274.47 Mg Carb 118.61 G Fiber 13.8 G Prtn 38.44 G Iron 5.30 Mg Calc 588.00 Mg Vit A 43.92 RE Vit C 46.01 Mg</p>
<p>20</p> <p>Regular or Spicy Chicken Tenders w/Dinner Roll or Breaded Fish Sandwich w/Cheese or Big Daddy Buffalo Chicken Pizza French Fries, Garden Bar Seasoned Broccoli, Warm Cinnamon Apples & a Blue Raspberry/Cherry Swirl Shape Up</p>	<p>21</p> <p>Beefy Nachos or Chicken Fajita or Grilled Cheese Sandwich Fresh Garden Bar Tomato Soup Cheesy Refried Beans Fresh Banana Sliced Pears Minion Graham Snacks</p>	<p>22</p> <p>Sub Sandwich Bar (Turkey or Italian*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Garden Bar, Sweet Potato Tots, Applesauce Cup, Juice Cup & a Bag of Chips</p>	<p>23</p> <p>Happy Thanksgiving</p>	<p>24</p>	<p>Cal 838 T.Fat 24.35 G S.Fat 7.2 G Chol 60.2 Mg Sodm 1373.00 Mg Carb 119.91 G Fiber 12.5 G Prtn 36.56 G Iron 4.55 Mg Calc 558.72 Mg Vit A 43.95 RE Vit C 34.39 Mg</p>
<p>27</p> <p>Sloppy Joe Sandwich or BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Chicken Enchilada Crispy Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches Assorted Juice Cup Johnny Pop Smoothy Bar</p>	<p>28</p> <p>Mandarin Orange Chicken w/Dinner Roll or Cinnamon French Toast w/2 Breakfast Sausages* & a Dinner Roll or G-Town Sandwich* Fresh Garden Bar Seasonal Fresh Fruit Pineapple Tidbits Fortune Cookie</p>	<p>29</p> <p>Burrito Bowl or Wrap w/Breadstick or Warm Beef & Cheese Sandwich or 2 Hot Dogs* or Chili Dogs* or Bosco Sticks Fresh Garden Bar, Green Beans, Crisp Red Grapes, Assorted Juice Cup & Mini Powdered Sugar Donuts</p>	<p>30</p> <p>Italian Spaghetti w/Meat Sauce & Garlic Bread or Bacon* Cheeseburger w/French Fries or Chicken Fajita w/French Fries Fresh Garden Bar Savory Corn Assorted Juice Cup Chilled Pears</p>	<p>1</p>	<p>Cal 785 T.Fat 23.88 G S.Fat 7.1 G Chol 63.6 Mg Sodm 1253.86 Mg Carb 109.54 G Fiber 10.4 G Prtn 34.50 G Iron 5.05 Mg Calc 515.95 Mg Vit A 44.43 RE Vit C 39.75 Mg</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.