

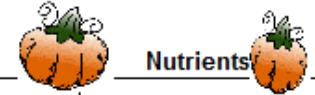




GHS
October 2017



Director of Food and Nutrition:
Shelley Juedes - 262-253-3419

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>2</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>3</p> <p>Tyson Wings of Fire w/Dinner Roll or Double Cheeseburger or Chicken Enchilada Fresh Garden Bar Savory Corn Applesauce Cup Seasonal Fresh Fruit Bag of Frito Chips</p>	<p>4</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 Garden Bar, Dinner Roll, Cheesy Refried Beans, Sliced Peaches, Crisp Apple</p>	<p>5</p> <p>Chicken Nuggets or Turkey & Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll California Blend Vegetables Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>6</p> <p>Macaroni & Cheese or Potato Crusted Fish Wedges or Crispy Popcorn Chicken Sweet Potato Fries Fresh Garden Bar Mini Pretzel Bite Chilled Pears Seasonal Fresh Fruit Assorted Sorbet</p>	<p>Cal 798 T.Fat 22.81 G S.Fat 7.0 G Chol 64.8 Mg Sodm 1210.85 Mg Carb 112.88 G Fiber 13.8 G Prtn 38.35 G Iron 8.13 Mg Calc 577.59 Mg Vit A 37.19 RE Vit C 46.29 Mg</p>
<p>9</p> <p>Regular or Spicy Chicken Tenders w/Dinner Roll or Sloppy Joe Sandwich or Big Daddy Buffalo Chicken Pizza Baked French Fries Fresh Garden Bar Seasoned Green Beans Seasonal Fresh Fruit Blue Raspberry Cherry Swirl Shape Up</p>	<p>10</p> <p>Beefy Nachos or Chicken Fajita or Mini Corn Dogs Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Sliced Peaches Ice Cream Sandwich</p>	<p>11</p> <p>Sub Sandwich Bar (Ham* or Italian*) or Cheese & Sausage* Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Sweet Potato Tots, Applesauce Cup, Assorted Juice Cup, Bag of Chips</p>	<p>12</p> <p>Chicken Nuggets or Roasted Pork* w/Gravy or Philly Steak Sandwich Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Crisp Apple Strawberry Craisins</p>	<p>13</p> <p>Big Daddy 4 Meat* or Cheese Pizza or 2 BBQ Roasted Chicken Drumsticks w/Dinner Roll or BBQ Pulled Pork* on a Pretzel Roll Seasoned Curly Fries Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits Seasonal Fresh Fruit</p>	<p>Cal 839 T.Fat 26.22 G S.Fat 7.9 G Chol 64.8 Mg Sodm 1419.41 Mg Carb 115.44 G Fiber 11.4 G Prtn 36.52 G Iron 5.62 Mg Calc 540.36 Mg Vit A 43.44 RE Vit C 40.83 Mg</p>
<p>16</p> <p>BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Bacon Cheeseburger or Cheese Quesadilla Crispy Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches Seasonal Fresh Fruit</p>	<p>17</p> <p>Italian Spaghetti w/Meat Sauce & Garlic Bread or 2 Hot Dogs* or Chili Dogs or WG Chicken Egg Roll Fresh Garden Bar Seasoned Broccoli Pineapple Tidbits Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>18</p> <p>Burrito Bowl or Wrap w/Dinner Roll or Warm Beef & Cheese Sand. or Cinnamon French Toast w/2 Breakfast Sausages* or Reg. or Spicy Chicken Patty Sandwich Garden Bar, Mandarin Oranges, Juice Cup</p>	<p>19</p> <p>Bosco Sticks or Chicken Enchilada or Mini Cheese Ravioli w/Garlic Bread Fresh Garden Bar Chilled Melon Wedge Chilled Pears Mini Powdered Sugar Donuts</p>	<p>20</p> <p>NO SCHOOL! TEACHER IN-SERVICE</p> 	<p>Cal 802 T.Fat 23.50 G S.Fat 7.4 G Chol 69.4 Mg Sodm 1306.78 Mg Carb 114.24 G Fiber 12.1 G Prtn 35.48 G Iron 6.17 Mg Calc 588.36 Mg Vit A 44.67 RE Vit C 48.35 Mg</p>
<p>23</p> <p>Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Tots Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Orange Swirl Ice Cream Cup</p>	<p>24</p> <p>Crispy Popcorn Chicken or Meatballs w/Gravy or Breaded Pork Chop* Mashed Potatoes Fresh Garden Bar Dinner Roll Chilled Pears Seasonal Fresh Fruit Rice Krispie Treat</p>	<p>25</p> <p>Sub Sandwich Bar (Ham* or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sand. or Warhawk Burger w/Cheese Garden Bar, California Blend, Vegetables, Sliced Peaches, Fresh Fruit & Bag of Chips</p>	<p>26</p> <p>Chicken Alfredo w/Garlic Bread or 3 Hard Shell or 2 Soft Shell Tacos or Warm Ham* & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Chilled Applesauce Seasonal Fresh Fruit Assorted Sorbet</p>	<p>27</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>Cal 833 T.Fat 23.41 G S.Fat 7.7 G Chol 63.3 Mg Sodm 1421.16 Mg Carb 119.53 G Fiber 14.5 G Prtn 38.08 G Iron 5.31 Mg Calc 621.94 Mg Vit A 42.28 RE Vit C 48.27 Mg</p>
<p>30</p> <p>Regular or Spicy Chicken Tenders w/Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Crispy Mini Tri-Taters Fresh Garden Bar Pineapple Tidbits Seasonal Fresh Fruit</p>	<p>31</p> <p>General TSO Chicken w/Breadstick or Bosco Sticks or Mini Corn Dogs Seasoned Curly Fries Fresh Garden Bar Vegetarian Baked Beans Assorted Juice Cup Crisp Apple w/Caramel Dip</p>			<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>Cal 818 T.Fat 23.62 G S.Fat 6.1 G Chol 59.3 Mg Sodm 1379.85 Mg Carb 117.97 G Fiber 12.1 G Prtn 31.77 G Iron 4.47 Mg Calc 507.05 Mg Vit A 43.09 RE Vit C 33.15 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.