


# September 2017 GHS MENU

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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>28</b> Crispy Popcorn Chicken or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Baked French Fries Fresh Garden Bar Seasoned Green Beans Blue Raspberry Cherry Swirl Shape Up  <b>LABOR DAY</b>  <b>4</b> <b>No School</b>  <u>Old Lunch Prices:</u> <b>\$3.00 Daily</b> <b>\$3.50 Adult Daily Lunch</b> <b>\$ .35 Milk</b>  <i>Milk is included with each student meal.</i>	<b>29</b> Beefy Nachos or Chicken Fajita or Macaroni & Cheese Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Ice Cream Sandwich	<b>30</b> Stuffed Crust Cheese Pizza or Double Cheeseburger or Gyro Sandwich or Breaded Chicken Filet Sandwich Sweet Potato Tots, Garden Bar, Steamed Peas, Assorted Juice Cup & Bag of Kettle Style Popcorn	<b>31</b> Chicken Nuggets or Turkey & Gravy or Philly Steak Sandwich Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Chilled Watermelon Wedge  	<b>1</b> Big Daddy 4 Meat* or Cheese Pizza or Bosco Sticks or BBQ Pulled Pork* on a Pretzel Roll Seasoned Curly Fries Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits	Cal 810 T.Fat 25.69 G S.Fat 7.8 G Chol 61.5 Mg Sodm 1380.68 Mg Carb 108.06 G Fiber 11.2 G Prtn 37.53 G Iron 6.36 Mg Calc 579.49 Mg Vit A 36.98 RE Vit C 31.92 Mg
<b>11</b> Chicken Nuggets <i>NEW ITEM!</i> w/Mini Pretzel Bites or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Tots Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Rice Krispie Treat	<b>12</b> Crispy Popcorn Chicken or Meatballs w/Gravy or Breaded Pork Chop* Mashed Potatoes Fish Sandwich w/Cheese Fresh Garden Bar Dinner Roll Savory Corn Chilled Pears	<b>13</b> Sub Sandwich Bar (Ham or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Bacon Cheeseburger Fresh Garden Bar, California Blend Vegetables, Sliced Peaches & Scooby-Doo	<b>14</b> Chicken Alfredo or 3 Hard Shell or 2 Soft Shell Taco or Chicken Patty Sandwich Fresh Garden Bar Garlic Bread Steamed Peas Chilled Applesauce Vanilla Ice Cream Cup	<b>15</b> Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Warm Ham & Cheese Sandwich Fresh Garden Bar Seasonal Fresh Fruit Assorted Juice Cup	Cal 801 T.Fat 23.16 G S.Fat 7.3 G Chol 66.0 Mg Sodm 1399.84 Mg Carb 111.07 G Fiber 13.4 G Prtn 38.61 G Iron 5.48 Mg Calc 777.70 Mg Vit A 39.72 RE Vit C 33.59 Mg
<b>18</b> Mandarin Orange Chicken w/Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Crispy Mini Tri-Taters Fresh Garden Bar Pineapple Tidbits Fortune Cookie	<b>19</b> Bosco Sticks or Mini Corn Dogs or Warm Pork Carnita* Flatbread Sandwich Seasoned Curly Fries Fresh Garden Bar Vegetarian Baked Beans Assorted Sorbet	<b>20</b> Mexican Bar or Double Cheeseburger or Stuffed Crust Cheese Pizza or BBQ Chicken-on-the-Bone w/Dinner Roll Crispy Potato Wedges Fresh Garden Bar Mandarin Oranges	<b>21</b> Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Sweet Carrot Coins Seasonal Fresh Fruit	<b>22</b> VarietyHomemade Pizza* or Sloppy Joe Sandwich or Regular or Spicy Chicken Tenders Fresh Garden Bar Steamed Broccoli w/Cheese Sliced Peaches Ice Cream Sandwich	Cal 798 T.Fat 22.53 G S.Fat 7.0 G Chol 59.4 Mg Sodm 1332.39 Mg Carb 114.09 G Fiber 11.0 G Prtn 35.18 G Iron 5.82 Mg Calc 508.74 Mg Vit A 33.88 RE Vit C 46.16 Mg
<b>25</b> Warhawk Burger w/Cheese or Crispy Popcorn Chicken or 2 Hot Dogs* Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Fresh Apple Wedges Chocolate Chip Cookie	<b>26</b> BBQ Boneless Chicken Wings w/Dinner Roll or Cinnamon French Toast w/2 Cheese Omelets or BBQ Pulled Pork* Sandwich Crispy Tri Tater Fresh Garden Bar Warm Cinnamon Apples	<b>27</b> Sub Sandwich Bar (Ham or Salami) or <i>NEW ITEM!</i> Wild Mike's Cheese Pizza or Large Corn Dog or Cook's Choice Tater Gems, Garden Bar, Steamed Broccoli w/Cheese, Sliced Peaches & Vanilla Ice Cream Cup	<b>28</b> Italian Spaghetti w/Meat Sauce or Chicken Fajita or Regular or Spicy Chicken Tenders Fresh Garden Bar Garlic Bread Savory Corn Seasonal Fresh Fruit Bag of Kettle Style Popcorn	<b>29</b> Big Daddy 4 Meat* or Cheese Pizza or Beefy Nachos or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Sour Orange or Lemon Raisels	Cal 837 T.Fat 26.13 G S.Fat 8.1 G Chol 72.3 Mg Sodm 1304.68 Mg Carb 118.10 G Fiber 11.7 G Prtn 35.84 G Iron 5.28 Mg Calc 574.98 Mg Vit A 47.21 RE Vit C 35.42 Mg

**Account Balance:** Please access your account on-line at [www.Gemantownschools.org](http://www.Gemantownschools.org). Make checks payable to: Gemantown Food & Nutrition and include your child's name on your payment.