








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

April 2019



GHS
* Contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>Popcom Chicken w/Soft Baked Pretzel Rod or Mozzarella Sticks or Chicken Fajita Savory Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Applesauce Cup Johnny Pop</p>	<p>2</p> <p>General TSO Chicken w/Mini Pretzel Bites or Mini Cheese Ravioli w/Garlic Bread Fresh Garden Bar Mandarin Oranges Amazin' Raisins</p> 	<p>3</p> <p>Chicken Tenders or Macaroni & Cheese or Wild Mike's Cheese Pizza or Philly Steak Sandwich Fresh Garden Bar Chilled Peaches Assorted Juice Cup Bag of Chips Chocolate Chip Cookies</p>	<p>4</p> <p>Spaghetti w/Meat Sauce & Parmesan Cheese or Mini Corn Dogs or Hot Ham* & Cheese on a Pretzel Bun Fresh Garden Bar Garlic Bread Steamed Broccoli Chilled Pears Assorted Juice Cup</p>	<p>5</p> <p>Big Daddy Pizza* or Chicken Tenders w/Breadstick or Fish Sandwich w/Cheese Baked French Fries Fresh Garden Bar Chilled Peaches Fresh Apple</p> 	<p>Cal 743 T.Fat 21.09 G S.Fat 5.5 G Chol 62.3 Mg Sodm 1086.79 Mg Carb 104.14 G Fiber 9.1 G Prtn 40.38 G Iron 4.89 Mg Calc 483.79 Mg Vit A 46.46 RE Vit C 28.38 Mg</p>
<p>8</p> <p>Mandarin Orange Chicken w/Soft Baked Breadstick or Dutch Waffle w/2 Breakfast Sausages* or Cook's Choice Fresh Garden Bar Pineapple Tidbits Assorted Juice Cup Fortune Cookie</p> 	<p>9</p> <p>Chicken Nuggets w/Garlic Bread or Bosco Sticks or Homemade Italian Lasagna w/Garlic Bread Fresh Garden Bar Applesauce Cup Strawberry Sundae Ice Cream Cup</p>	<p>10</p> <p>Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or Stuppy Joe Savory Potato Wedges Cheesy Refried Beans, Chilled Peaches, Fresh Fruit</p>	<p>11</p> <p>Popcom Chicken or Roast Pork and Gravy or Warhawk Burger Mashed Potatoes Fresh Garden Bar California Blend Vegetables Fresh Banana Applesauce Cup Fresh Baked Cinnamon Roll</p>	<p>12</p> <p>Big Daddy Pizza* or Breaded Chicken Filet Sandwich or Potato Crusted Fish Wedges Sweet Potato Fries Fresh Garden Bar Broccoli Cheese Soup Strawberries & Blueberries Assorted Juice Cup Chocolate Chip Cookie</p>	<p>Cal 825 T.Fat 22.51 G S.Fat 7.0 G Chol 71.1 Mg Sodm 1264.25 Mg Carb 120.19 G Fiber 10.8 G Prtn 39.01 G Iron 5.06 Mg Calc 568.70 Mg Vit A 51.38 RE Vit C 25.14 Mg</p>
<p>15</p> <p>Boneless Chicken Wings or Mozzarella Sticks or Warm Beef & Cheese Sandwich ***New Item*** Onion Rings Fresh Garden Bar Mixed Fruit Assorted Juice Cup</p>	<p>16</p> <p>2 Soft Shell or 3 Hard Shell Taacos or Macaroni & Cheese or Pork Carnita Enchilada w/Cheese Fresh Garden Bar Dinner Roll Cheesy Refried Beans Applesauce Cup Chilled Peaches Double Chocolate Chip Cookie</p>	<p>17</p> <p>Potato Bar w/Dinner Roll or Cinnamon Glazed French Toast Sticks w/2 Breakfast Sausages* or Breaded Chicken Filet Sandwich or Cook's Choice Fresh Garden Bar Chilled Applesauce Red Grapes</p>	<p>18</p> <p>Stuffed Crust Pepperoni* or Cheese Pizza or Spicy Chicken Tenders or Double Hamburger Fresh Garden Bar Soft Baked Breadstick Savory Corn Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>19</p> <p>NO SCHOOL</p> 	<p>Cal 785 T.Fat 22.98 G S.Fat 6.6 G Chol 85.2 Mg Sodm 1144.01 Mg Carb 111.70 G Fiber 11.1 G Prtn 36.23 G Iron 33.19 Mg Calc 559.17 Mg Vit A 45.91 RE Vit C 23.53 Mg</p>
<p>22</p> <p>Mandarin Orange Chicken w/Dinner Roll or Mini Corn Dogs or Stuppy Joe Sandwich Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Strawberry Craisins Fortune Cookie</p>	<p>23</p> <p>Chicken Tenders w/Garlic Bread or Grilled Cheese Sandwich or Chicken Alfredo (with or without meat) w/Garlic Bread Baked French Fries Fresh Garden Bar Pineapple Tidbits 100% Fruit Sherbet Cup</p>	<p>24</p> <p>Dominos Cheese or Sausage* Pizza or Breaded Chicken Filet Sandwich Fresh Garden Bar California Blend Vegetables Banana Assorted Juice Cup Chocolate Chip Cookie</p>	<p>25</p> <p>Popcom Chicken or Turkey & Gravy or Warm Pork Carnita* Flatbread Sandwich Mashed Potatoes Fresh Garden Bar Savory Corn Chilled Pears Warm Cinnamon Apples Fresh Baked Cinnamon Roll</p>	<p>26</p> <p>Big Daddy Pizza* or Pork Egg Rolls* or Mozzarella Sticks Seasoned Curly Fries Fresh Garden Bar Seasoned Green Beans Red Grapes Assorted Juice Cup</p>	<p>Cal 802 T.Fat 23.18 G S.Fat 6.4 G Chol 62.7 Mg Sodm 1234.13 Mg Carb 115.21 G Fiber 10.7 G Prtn 37.12 G Iron 4.76 Mg Calc 505.68 Mg Vit A 43.85 RE Vit C 34.10 Mg</p>
<p>29</p> <p>BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Stuppy Joe Sandwich or Cheese Quesadilla Savory Potato Wedges Fresh Garden Bar Beef Barley Soup Chilled Peaches Assorted Juice Cup</p>	<p>30</p> <p>Beefy Nachos or Chicken Enchilada or Twisted Cheese Sticks Fresh Garden Bar Dinner Roll Cheesy Refried Beans Chilled Pears Assorted Sorbet Cups</p>	<p>1</p> 	<p>2</p> <p><u>GHS Lunch Prices:</u> \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>	<p>3</p> <p>This institution is an equal opportunity provider.</p>	<p>Cal 789 T.Fat 22.86 G S.Fat 6.7 G Chol 72.7 Mg Sodm 1337.76 Mg Carb 112.28 G Fiber 11.9 G Prtn 36.99 G Iron 5.81 Mg Calc 512.00 Mg Vit A 45.31 RE Vit C 46.98 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.