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February 2019

Director of Food and Nutrition: Shelley Jue des - 262-253-3419



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>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.</p>				<p>1</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Chicken Nuggets w/Dinner Roll or WG Chicken Egg Roll Baked French Fries Fresh Garden Bar Chilled Strawberries Seasonal Fresh Fruit</p>	<p>Cal 848 T.Fat 26.59 G S.Fat 6.1 G Chol 57.5 Mg Sodm 1273.79 Mg Carb 118.19 G Fiber 12.2 G Prtn 39.36 G Iron 4.75 Mg Calc 513.33 Mg Vit A 40.26 RE Vit C 40.88 Mg</p>
<p>4</p> <p>Pizza Dippers or G-Town Sandwich or Grilled Buffalo Chicken Sandwich Sweet Potato Fries Fresh Garden Bar Warm Cinnamon Apples Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>5</p> <p>2 Soft Shell or 3 Hard Shell Tacos w/Mini Pretzel Bites or Macaroni & Cheese w/Mini Pretzel Bites or Chicken Tenders Fresh Garden Bar Cheesy Refried Beans Crisp Apple Assorted Sorbet</p>	<p>6</p> <p>Soup Bar (Chicken Noodle, Broccoli Cheese, or Hearty Chili) w/Bosco Stick or Bacon* Cheeseburger or Chicken Parmesan Sandwich or Large Corn Dog Garden Bar, California Blend Vegetables, Chilled Peaches, Juice Cup & Bag of Chips</p>	<p>7</p> <p>Popcorn Chicken or Meatballs w/Gravy or Pizzaburger on a Bun Mashed Potatoes Fresh Garden Bar Fresh Baked Cinnamon Roll Savory Corn Chilled Pears Strawberry Craisins</p>	<p>8</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Chicken Nuggets or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Assorted Juice Cup President's Cookies</p>	<p>Cal 805 T.Fat 22.51 G S.Fat 6.8 G Chol 61.0 Mg Sodm 1325.23 Mg Carb 115.46 G Fiber 14.5 G Prtn 39.67 G Iron 6.18 Mg Calc 566.73 Mg Vit A 48.17 RE Vit C 35.28 Mg</p>
<p>11</p> <p>Mandarin Orange Chicken w/Breadstick or Bosco Sticks or Cook's Choice Fresh Garden Bar Pineapple Tidbits Assorted Juice Cup Fortune Cookie</p>	<p>12</p> <p>Chicken Nuggets w/Garlic Bread or Dutch Waffle w/2 Breakfast Sausages* or Homemade Italian Lasagna w/Garlic Bread Seasoned Curly Fries Fresh Garden Bar Steamed Peas Applesauce Cup Box of Raisins</p>	<p>13</p> <p>Domino's Cheese or Sausage* Pizza or Cook's Choice or Potato Crusted Fish Wedges w/Dinner Roll Savory Potato Wedges Fresh Garden Bar Sweet Carrot Coins Chilled Pears & Fresh Fruit</p>	<p>14</p> <p>Sweetheart Spaghetti w/Meat Sauce or Cupid's Mini Corn Dogs or Huggable Hot Ham* & Cheese on a Pretzel Bun Be-Mine Garden Bar Forget-me-not Garlic Bread Crazy-4-U Strawberry Cup Cutie Pie Juice Cup Valentine Sugar Cookie</p> <p>HAPPY VALENTINE'S DAY</p>	<p>15</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Chicken Tenders w/Breadstick or Stoppo Joe Sandwich Baked French Fries Fresh Garden Bar Chilled Peaches Fresh Banana Ice Cream Sandwich</p>	<p>Cal 775 T.Fat 21.83 G S.Fat 6.7 G Chol 58.0 Mg Sodm 1109.29 Mg Carb 115.00 G Fiber 10.0 G Prtn 35.97 G Iron 4.26 Mg Calc 509.21 Mg Vit A 47.07 RE Vit C 29.34 Mg</p>
<p>18</p> <p>NO SCHOOL TEACHER IN-SERVICE</p>	<p>19</p> <p>General TSO Chicken w/Mini Pretzel Bites or Cinnamon French Toast w/Scrambled Eggs or Mini Cheese Ravioli w/Garlic Bread Crispy Tri-Tater Fresh Garden Bar Amazin' Raisins Mandarin Oranges</p>	<p>20</p> <p>Wild Mike's Cheese Pizza or Chicken Tenders Potato Wedges Fresh Garden Bar Chilled Peaches Assorted Juice Cup</p> <p>ACT Testing</p>	<p>21</p> <p>Chicken Nuggets w/Dinner Roll or 2 Salisbury Steak w/Dinner Roll or Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar California Blend Vegetables Fresh Banana Applesauce Cup</p>	<p>22</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Breaded Chicken Filet Sandwich or Large Corn Dog Sweet Potato Fries Fresh Garden Bar Steamed Broccoli w/Cheese Mandarin Oranges Assorted Juice Cup</p>	<p>Cal 821 T.Fat 21.84 G S.Fat 6.1 G Chol 77.1 Mg Sodm 1301.65 Mg Carb 120.51 G Fiber 10.9 G Prtn 43.58 G Iron 4.93 Mg Calc 514.44 Mg Vit A 52.48 RE Vit C 32.59 Mg</p>
<p>25</p> <p>Popcorn Chicken or Mozzarella Sticks or Warm Beef & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Assorted Juice Cup Ice Cream Cup</p>	<p>26</p> <p>2 Soft Shell or 3 Hard Shell Tacos or Pork Carnita* Enchilada w/Cheese or Big Daddy Buffalo Chicken Pizza Fresh Garden Bar Dinner Roll Cheesy Refried Beans Applesauce Cup Chilled Peaches</p>	<p>27</p> <p>Soup Bar (Chicken Dumpling, Broccoli Cheese or Hearty Chili) w/Bosco Stick or Cinnamon French Toast w/2 Breakfast Sausages* or Breaded Chicken Filet Sandwich or Cook's Choice Mandarin Oranges, Red Grapes & Double Chocolate</p>	<p>28</p> <p>Spaghetti w/Meat Sauce & Parmesan Cheese or Spicy Chicken Tenders or Double Hamburger Fresh Garden Bar Breadstick Savory Corn Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>If school is closed due to the weather, the menu for that day will be served the day school resumes.</p>	<p>Cal 810 T.Fat 24.03 G S.Fat 7.1 G Chol 74.1 Mg Sodm 1183.84 Mg Carb 114.92 G Fiber 11.7 G Prtn 37.88 G Iron 43.55 Mg Calc 571.16 Mg Vit A 47.54 RE Vit C 29.99 Mg</p>