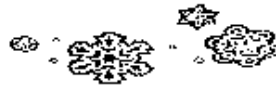




GHS

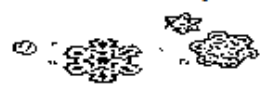






* Contains Pork



January 2019

This institution is an equal opportunity provider.

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|--|--|---|--|---|
| <p>If school is closed due to the weather, the menu for that day will be served the day school resumes.</p>  <p>Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.</p> | | <p>2 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or Potato Crusted Fish Wedges Potato Wedges, Carrots, Applesauce, Fresh Fruit & Chocolate Chip Cookie</p> | <p>3 Spaghetti w/Meat Sauce & Parmesan Cheese or Mini Corn Dogs or Bosco Sticks Fresh Garden Bar Garlic Bread Chilled Pears Assorted Juice Cup</p> | <p>4 Assorted Big Daddy Pizza* or Chicken Tenders Breadstick or Sloppy Joe Sandwich Baked French Fries Fresh Garden Bar Chilled Peaches, Banana & Ice Cream Sandwich</p> | <p>Cal 808 T.Fat 24.34 G S.Fat 7.0 G Chol 58.7 Mg Sodm 1134.76 Mg Carb 116.85 G Fiber 11.1 G Prtn 34.37 G Iron 5.69 Mg Calc 516.54 Mg Vit A 47.77 RE Vit C 36.70 Mg</p>  |
| <p>7 Popcorn Chicken w/Soft Baked Pretzel Rod or 2 Hot Dogs* or Chili Dogs* or Chicken Fajita Savory Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Chilled Pears Assorted Juice Cup</p> | <p>8 General TSO Chicken w/Mini Pretzel Bites or Cinnamon French Toast Cheese Omelet or Pork Carnita Flatbread Sandwich* Fresh Garden Bar Amazin' Raisins Mandarin Oranges</p> | <p>9 Soup Bar (Chicken Dumpling, Broccoli Cheese or Chili) w/Bosco Stick or Wild Mike's Cheese Pizza or Chicken Tenders or Philly Steak Sandwich Garden Bar, Peaches, Juice Cup & Sugar Cookie</p> | <p>10 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>11 Assorted Big Daddy 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 779 T.Fat 21.64 G S.Fat 6.7 G Chol 77.9 Mg Sodm 1243.85 Mg Carb 111.76 G Fiber 10.8 G Prtn 36.78 G Iron 4.99 Mg Calc 520.82 Mg Vit A 47.32 RE Vit C 28.05 Mg</p> |
| <p>14 Popcorn Chicken or Mozzarella Sticks or Beef 'n Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Assorted Juice Cup</p>  | <p>15 2 Soft Shell or 3 Hard Shell Tacos or Rib-B-Que* Sandwich or Warhawk Burger Fresh Garden Bar Dinner Roll Cheesy Refried Beans Applesauce Cup Chilled Strawberries Strawberry Ice Cream Cup</p> | <p>16  Domino's Cheese or Pepperoni* Pizza or Chicken Filet Sandwich or Cook's Choice Garden Bar, Mandarin Oranges, Red Grapes, Double Chocolate Chip Cookie</p> | <p>17 Spaghetti w/Meat Sauce & Parmesan Cheese or Spicy Chicken Tenders or Double Hamburger Fresh Garden Bar Soft Baked Breadstick Savory Corn Seasonal Fresh Fruit Assorted Juice Cup</p> | <p>18 Assorted Big Daddy Pizza* or Potato Crusted Fish Wedges w/Mini Pretzel Bites or Macaroni & Cheese w/Mini Pretzel Bites Roasted Baby Potatoes Fresh Garden Bar Creamy Cole Slaw Fresh Banana Amazin' Raisins</p> | <p>Cal 771 T.Fat 22.94 G S.Fat 7.4 G Chol 62.7 Mg Sodm 1182.59 Mg Carb 109.72 G Fiber 11.2 G Prtn 34.21 G Iron 28.94 Mg Calc 545.85 Mg Vit A 45.82 RE Vit C 25.71 Mg</p> |
| <p>21 Mandarin Orange Chicken w/Dinner Roll or Mini Corn Dogs or Sloppy Joe Sandwich Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Strawberry Craisins Fortune Cookie</p> | <p>22 Chicken Tenders w/Soft Baked Breadstick or Grilled Cheese Sandwich or Cook's Choice Fresh Garden Bar Tomato Soup Pineapple Tidbits Seasonal Fresh Fruit 100% Fruit Sherbet Cup</p> | <p>23 Stuffed Crust Cheese Pizza or Breaded Chicken Filet Sandwich or Cook's Choice Fresh Garden Bar, Steamed Peas, Peaches, Juice Cup & Bag of Chips</p> | <p>24 Popcorn Chicken or Assorted Pizza Mashed Potatoes Fresh Garden Bar Savory Corn, Applesauce, Chilled Pears, Fresh Baked Cinnamon Roll</p>  | <p>25 NO SCHOOL TEACHER IN-SERVICE</p>  | <p>Cal 759 T.Fat 18.78 G S.Fat 4.6 G Chol 58.6 Mg Sodm 1196.21 Mg Carb 113.43 G Fiber 10.7 G Prtn 34.50 G Iron 4.37 Mg Calc 496.50 Mg Vit A 42.71 RE Vit C 38.04 Mg</p> |
| GHS EXAMS - 1/22, 1/23, & 1/24 | | | | | |
| <p>28 BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or Big Daddy Buffalo Chicken Pizza or Cheese Quesadilla Potato Wedges, Garden Bar Vegetarian Baked Beans, Peaches, Juice Cup & Rice Krispie Treat</p> | <p>29 Beefy Nachos or Chicken Enchilada or Chicken Tenders Wrap Fresh Garden Bar Dinner Roll Cheesy Refried Beans Chilled Pears Assorted Juice Cup</p> | <p>30 Sub Sandwich Bar (Ham* or Salami*) or Cinnamon French Toast w/Breakfast Sausages* or Mini Cheese Ravioli or Oven Roasted Chicken-on-the-Bone Garden Bar, Breadstick, Carrots, Fresh Fruit, Craisins & Sugar Cookie</p> | <p>31 Spaghetti w/Meat Sauce, Parmesan Cheese & Garlic Bread or 2 Hot Dogs* or Chili Dogs* or Philly Steak Sandwich Fresh Garden Bar Seasoned Green Beans Applesauce Cup Assorted Juice Cup</p> | <p> GHS Lunch Prices: \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk Milk is included with each student meal.</p> | <p>Cal 822 T.Fat 23.19 G S.Fat 7.2 G Chol 77.8 Mg Sodm 1258.20 Mg Carb 118.10 G Fiber 11.9 G Prtn 37.08 G Iron 5.80 Mg Calc 562.81 Mg Vit A 49.22 RE Vit C 39.00 Mg</p> |