

March

This institution is an equal opportunity provider.



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>* Contains Pork</p>	<p>1</p> <p>Big Daddy Pizza* or Macaroni & Cheese or Potato Crusted Fish Wedges Deli Roasted Potatoes Fresh Garden Bar Cole Slaw Fresh Banana Amazin Raisins</p>	<p>Cal 847 T.Fat 22.99 G S.Fat 6.8 G Chol 46.3 Mg Sodm 1189.82 Mg Carb 130.29 G Fiber 12.2 G Prtn 33.95 G Iron 5.08 Mg Calc 636.52 Mg Vit A 53.23 RE Vit C 24.92 Mg</p>
<p>Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: German town Food & Nutrition and include y our child's name on your payment.</p>					
<p>4</p> <p>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>5</p> <p>Chicken Tenders or Homemade Lasagna or Chicken Alfredo Fresh Garden Bar Garlic Bread Pineapple Tidbits Seasonal Fresh Fruit 100% Fruit Sherbet Cup</p>	<p>6 Ash Wednesday</p> <p>Sub Sandwich Bar (Ham* or Salami*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Fresh Garden Bar Peas, Strawberries, Juice Cup & Bag of Chips</p>	<p>7</p> <p>Popcom Chicken or Turkey & Gravy or Warm Pork Carnita* Flatbread Sandwich Mashed Potatoes Fresh Garden Bar Savory Corn Applesauce Cup Chilled Pears Fresh Baked Cinnamon Roll</p>	<p>8</p> <p>Big Daddy Pizza* or Mozzarella Sticks or Warhawk Burger Seasoned Curly Fries Fresh Garden Bar Beef Barley Soup Seasonal Fresh Fruit Assorted Juice Cup</p>	<p>Cal 808 T.Fat 22.85 G S.Fat 6.1 G Chol 64.7 Mg Sodm 1328.47 Mg Carb 114.21 G Fiber 11.1 G Prtn 40.15 G Iron 4.20 Mg Calc 513.26 Mg Vit A 43.25 RE Vit C 35.51 Mg</p>
<p>11</p> <p>BBQ Boneless Chicken Wings w/Soft Baked Pretzel Rod or BBQ Pulled Pork Sandwich or Cheese Quesadilla Savory Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Chilled Peaches Assorted Juice Cup</p>	<p>12</p> <p>Beefy Nachos or Chicken Enchilada or Twisted Cheese Sticks Fresh Garden Bar Dinner Roll Cheesy Refried Beans Chilled Pears, Juice Cup Rice Krispie Treat</p>	<p>13</p> <p>Domino's Cheese or Pepperoni* Pizza or Cook's Choice or Oven Roasted Chicken-on-the-Bone Garden Bar, Breadstick, Carrot Coins, Fresh Fruit, Craisins & Sugar Cookie</p>	<p>14</p> <p>Spaghetti w/Meat Sauce, Parmesan Cheese & Garlic Bread or 2 Hot Dogs* or 2 Chili Dogs* or Philly Steak Sandwich Fresh Garden Bar Seasoned Green Beans Cinnamon Applesauce Assorted Juice Cup</p>	<p>15</p> <p>Big Daddy Pizza* or Popcom Chicken w/Dinner Roll or Fish Sticks w/Dinner Roll</p> <p>NEW ITEM "Waffle Fries" Garden Bar, Strawberries, Seasonal Fresh Fruit & Mint Fudge Ice Cream Cup</p>	<p>Cal 789 T.Fat 23.41 G S.Fat 7.4 G Chol 59.6 Mg Sodm 1231.86 Mg Carb 112.48 G Fiber 11.3 G Prtn 34.82 G Iron 5.27 Mg Calc 531.27 Mg Vit A 46.02 RE Vit C 36.52 Mg</p>
<p>18</p> <p>Pizza Dippers or G-Town Sandwich or Grilled Buffalo Chicken Sandwich Fresh Garden Bar Macaroni and Cheese Warm Cinnamon Apples Oatmeal Rasin Cookie</p>	<p>19</p> <p>2 Soft Shell or 3 Hard Shell Tacos w/Mini Pretzel Bites or French Toast w/2 Breakfast Sausages or Chicken Tenders Fresh Garden Bar Cheesy Refried Beans Crisp Apple Assorted Sorbet</p>	<p>20</p> <p>Sub Sandwich Bar (Ham* or Turkey) or Bacon* Cheeseburger or Chicken Parmesan Sandwich or Large Corn Dog Fresh Garden Bar California Blend Vegetables Peaches, Juice Cup & Bag of Chips</p>	<p>21</p> <p>Popcom Chicken w/Dinner Roll or Meatballs & Gravy w/Dinner Roll or Pizzaburger on a Bun Mashed Potatoes Fresh Garden Bar Savory Corn, Pears & Strawberry Craisins Fresh Baked Cinnamon Roll</p>	<p>22</p> <p>Big Daddy Pizza* or Chicken Nuggets or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Tomato Soup Chilled Pears Assorted Juice Cup Ice Cream Sandwich</p>	<p>Cal 828 T.Fat 23.27 G S.Fat 7.2 G Chol 68.9 Mg Sodm 1344.02 Mg Carb 118.45 G Fiber 14.0 G Prtn 40.61 G Iron 4.62 Mg Calc 542.17 Mg Vit A 50.61 RE Vit C 28.24 Mg</p>
					<p style="text-align: center;">Spring Break</p>