





GHS



May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>GHS Lunch Prices:</b> \$3.00 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p>Milk is included with each student meal.</p> <p><b>Director of Food and Nutrition:</b> Shelley Juedes - 262-253-3419</p>	<p><b>* Contains Pork</b></p> 	<p><b>1</b></p> <p>French Bread Cheese Pizza or Cinnamon French Toast w/2 Cheese Omelets or Chicken Nuggets Fresh Garden Bar Breadstick Sweet Carrot Coins Seasonal Fresh Fruit Strawberry Craisins Sugar Cookie</p>	<p><b>2</b></p> <p>Spaghetti w/Meat Sauce, Parmesan Cheese &amp; Garlic Bread or BBQ Pulled Pork* on a Pretzel Roll or Gyro Sandwich Fresh Garden Bar Seasoned Green Beans Cinnamon Applesauce Assorted Juice Cup</p>	<p><b>3</b></p> <p>Big Daddy Pizza* or 2 Soft Shell or 3 Hard Shell Tacos or Cheese Quesadilla Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Pineapple Horchata Slushy</p>	<p>Cal 752 T.Fat 22.84 G S.Fat 7.7 G Chol 88.4 Mg Sodm 1108.33 Mg Carb 105.12 G Fiber 10.8 G Prtn 34.85 G Iron 5.82 Mg Calo 580.94 Mg Vit A 44.99 RE Vit C 45.79 Mg</p>
<p><b>6</b></p> <p>Mandarin Orange Chicken w/Breadstick or Big Daddy Buffalo Chicken Pizza or Cook's Choice Fresh Garden Bar Pineapple Tidbits Assorted Juice Cup Fortune Cookie</p>	<p><b>7</b></p> <p>Beefy Nachos or Bosco Sticks or Chicken Tenders Seasoned Curly Fries Fresh Garden Bar Cheesy Refried Beans Crisp Apple Assorted Sorbet</p>	<p><b>8</b></p> <p>Baked Potato Bar or Bacon* Cheeseburger or Chicken Parmesan Sandwich Fresh Garden Bar California Blend Vegetables Chilled Peaches Assorted Juice Cup</p>	<p><b>9</b></p> <p>Popcom Chicken w/Dinner Roll or Turkey &amp; Gravy in a WG Bread Bowl or Pizzaburger on a Bun Waffle Fries Fresh Garden Bar Savory Corn Chilled Pears Strawberry Craisins</p>	<p><b>10</b></p> <p>Big Daddy Pizza* or Chicken Nuggets or Grilled Cheese Sandwich Sweet Potato Fries Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Assorted Juice Cup Ice Cream Sandwich</p>	<p>Cal 787 T.Fat 21.48 G S.Fat 6.0 G Chol 66.3 Mg Sodm 1301.43 Mg Carb 111.90 G Fiber 12.4 G Prtn 38.62 G Iron 4.18 Mg Calo 504.14 Mg Vit A 50.08 RE Vit C 41.50 Mg</p>
<p><b>13</b></p> <p>Pizza Dippers or 2 Hot Dogs* or Chili Dogs* or Grilled Buffalo Chicken Sandwich Side of Macaroni &amp; Cheese Fresh Garden Bar Chilled Fruit Cocktail Warm Cinnamon Apples</p>	<p><b>14</b></p> <p>Popcom Chicken w/Garlic Bread or Assorted Breakfast Entree's or Mini Cheese Ravioli Garlic Bread Mini Tri-Taters Fresh Garden Bar Steamed Peas Applesauce Cup Strawberry Craisins</p>	<p><b>15</b></p> <p>Sub Sandwich Bar (Ham* or Turkey) or Stuffed Crust Cheese Pizza or Meatball Hoagie Potato Wedges, Garden Bar, Carrot Coins, Chilled Peaches, Fresh Fruit &amp; Chocolate Chip Cookie</p>	<p><b>16</b></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 Assorted Juice Cup Fresh Baked Cinnamon Roll</p>	<p><b>17</b></p> <p>Big Daddy Pizza* or Cook's Choice or Sloppy Joe Sandwich Baked French Fries Fresh Garden Bar Applesauce Cup Fresh Banana Ice Cream Sandwich</p>	<p>Cal 842 T.Fat 22.38 G S.Fat 6.8 G Chol 60.4 Mg Sodm 1368.01 Mg Carb 125.42 G Fiber 12.8 G Prtn 37.15 G Iron 4.91 Mg Calo 534.38 Mg Vit A 54.26 RE Vit C 28.49 Mg</p>
<p><b>20</b></p> <p>Popcom Chicken w/Soft Baked Pretzel Rod or Warm Pork Carnita* Flatbread Sandwich or Chicken Fajita Tater Gems Fresh Garden Bar Bush's Baked Beans w/Bacon* Assorted Juice Cup Chilled Pears</p>	<p><b>21</b></p> <p>General TSO Chicken w/Mini Pretzel Bites or Cook's Choice or 2 Soft Shell or 3 Hard Tacos Cheesy Refried Beans Fresh Garden Bar Amazin' Raisins Mandarin Oranges</p>	<p><b>22</b></p> <p><b>Domino's Cheese or Pepperoni* Pizza</b> or Chicken Tenders or Breakfast Sandwich Fresh Garden Bar Warm Cinnamon Apples Seasonal Fresh Fruit</p>	<p><b>23</b></p> <p>Breaded Chicken Filet Sandwich or Mini Corn Dogs or Mozzarella Sticks Fresh Garden Bar Broccoli Cheese Soup Chilled Peaches Assorted Juice Cup</p>	<p><b>24</b></p> <p>Big Daddy Pizza* or Breaded Fish Sandwich w/Cheese or Large Corn Dog Waffle Fries Fresh Garden Bar Mandarin Oranges</p>	<p>Cal 768 T.Fat 22.20 G S.Fat 6.8 G Chol 65.5 Mg Sodm 1277.03 Mg Carb 109.05 G Fiber 10.4 G Prtn 35.50 G Iron 4.05 Mg Calo 577.23 Mg Vit A 48.18 RE Vit C 26.72 Mg</p>
<p><b>27</b></p> <p><b>MEMORIAL DAY NO SCHOOL</b></p> 	<p><b>28</b></p> <p>Chicken Nuggets or Pork Carnita Enchilada* w/Cheese or Chicken Alfredo Baked French Fries Fresh Garden Bar Dinner Roll Applesauce Cup Pineapple Tidbits</p>	<p><b>29</b></p> <p>Sub Sandwich Bar (Ham* or Salami*) or Breaded Chicken Filet Sandwich or Macaroni &amp; Cheese Fresh Garden Bar Mandarin Oranges Crisp Red Grapes Double Chocolate Chip Cookie</p>	<p><b>30</b></p> <p>Spicy Chicken Tenders or Turkey &amp; Gravy or Bacon* Cheeseburger Mashed Potatoes w/Gravy Fresh Garden Bar Savory Corn Seasonal Fresh Fruit Assorted Juice Cup Fresh Baked Cinnamon Roll</p>	<p><b>31</b></p> <p>Big Daddy Pizza* or Potato Crusted Fish Wedges w/Mini Pretzel Bites or Cook's Choice Fresh Garden Bar Creamy Cole Slaw Orange Smiles Amazin' Raisins &amp; Double Chocolate Chip Cookie</p>	<p>Cal 829 T.Fat 23.28 G S.Fat 6.8 G Chol 62.3 Mg Sodm 1321.08 Mg Carb 121.46 G Fiber 11.4 G Prtn 38.42 G Iron 69.26 Mg Calo 530.56 Mg Vit A 51.79 RE Vit C 37.40 Mg</p>

Account Balance: Please access your account on-line at [www.Germantownschools.org](http://www.Germantownschools.org). Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment. This institution is an equal opportunity provider.