


NOVEMBER 2024 GHS BREAKFAST MENU Yogurt or Peanut butter available. Milk served daily.

Menu Subject Change

All meals Are Free. Please let us know of any allergies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1/ Fruit parfait WG Granola Bar Fruit Or WG Cereal
4/ WG bagels Fruit Or WG Cereal	5/ Breakfast sandwich Egg/Cheese WG English muffin Fruit Or WG Cereal	6/ WG Honey Buns Fruit Or WG Cereal	7/ WG Breakfast Burrito Sausage Links Salsa Fruit Or WG Cereal	8/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
11/ NO SCHOOL	12/ Grizzly Griddle Egg/Sausage WG Pancake Fruit Or WG Cereal	13/ WG 2 oz. Pumpkin Muffin Fruit Or WG Cereal	14/ Scrambled Eggs Bacon Slices WG English Muffin Fruit Or WG Cereal	15/ WG English Muffin w/PB, Jelly Fruit Or WG cereal
18/ WG bagels Fruit Or WG Cereal	19/ Breakfast sandwich Egg/Bacon WG English muffin Fruit Or WG Cereal	20/ WG Waffle Strawberries/Whip Cream Sausage Patty Or WG Cereal	21/ WG 2 oz. Chocolate Chip Muffin Fruit Or WG Cereal	22/ Smoothie WG Granola bar Asst. Fruit Yogurt Or WG Cereal
25/ WG bagels Fruit Or WG Cereal	26/ Breakfast Sandwich Egg/Cheese WG English Muffin Fruit Or WG Cereal	27/ NO SCHOOL	28/ NO SCHOOL HAPPY THANKSGIVING	29/ NO SCHOOL

USDA NONDISCRIMINATION STATEMENT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

ESTA INSTITUCION OFRECE IGUALDED DE OPORTUNIDADES.

NOVEMBER 2024 GHS LUNCH MENU Milk, Fruit, and Salad Bar served daily.
Menu Subject To Change. All Meals Are Free. Please inform us of any allergies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1/ Chicken Caesar wrap Baby Carrots w/ Dip 3/4 c. WG Wrap WG Sun Chips Watermelon Chunks 1 c.
4/ Shredded BBQ chicken WG Hamburg Roll Green beans Pineapple Tidbits 1 c.	5/ Mac & Cheese Sliced carrots 1 c. WG Dinner Roll 1.25 oz. Sliced Peaches 1 c.	6/ WG Pepperoni Pizza Rounds Mixed Veggie 1 c. Peanut butter cookie Apple	7/ Taco's 2 ea. Spanish Rice ¼ c. Lettuce/Tomato ¼ c. ea. Sour Cream/Salsa 1 oz. ea. Pineapple Tidbits ¼ c.	8/ Ham/Cheese WG Hamburg Roll Carrots&Celery Sticks W/Dip ½ c. ea. WG Sun Chips Fresh Fruit
NO SCHOOL	12/ Ground Beef W/ Macaroni Garlic Bread Sticks Broccoli ¼ c. Diced Peaches 1 c.	13/ WG Stuffed Crust pizza Caesar Salad 1 c. Choc. Chip Cookies Grapes 1 c.	14/ Grilled ham & Cheese WG bread Tomato Soup Celery Sticks ½ c. Mandarin Oranges	15/ Turkey/cheese WG Hamburg roll Lettuce/tomato ¼ c. ea. Cucumber Wedges W/ Dip ½ c. WG sun chips Watermelon Chunks 1 c
18/ BBQ Chicken Rice pilaf ½ c. Mixed Veggies ¾ c. WG Dinner roll 1.25 oz. Mandarin Oranges 1 c.	19/ Spaghetti w/Meat Sauce WG Dinner Roll 1 oz. Sautéed Spinach W/Garlic ¾ c. Apple	20/ French Bread Pizza Veggie Medley 1 c. Sliced Peaches	21/ Thanksgiving Lunch Turkey/Stuffing Potato Corn/Cranberry Sauce Rolls Assorted pies	22/ Tuna Salad WG Hoagie Roll (2 oz.) Lettuce/Tomato ¼ c. ea. Cucumber Wedges w/ Dip ½ c. WG Gold Fish Banana
25/ Chicken Pie Green Beans ¾ c. WG Biscuit Sliced Peaches 1/2 c.	26/ Beef & Broccoli WG Dinner Roll Veggie Medley 1 c. Pineapple Tidbits 1 c.	NO SCHOOL	NO SCHOOL	NO SCHOOL

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