

OCTOBER | 2019

GHS CAFÉ



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Egg Extravaganza</p> <p>Chicken Caesar Wrap Corn, Carrots w/tom & Salad Pineapple Garlic French Bread Pizza</p> <p>Cheeseburger Sandwich</p>	<p>1 Sausage Pancake on Stick</p> <p>Spaghetti w/meat sauce & Bread Stick, California Veggies, Salad, Carrots & Fresh Fruit Spicy Chicken Sandwich</p> <p>Chicken Soft Taco</p>	<p>2 Cinnamon Pull Aparts</p> <p>Chili Cheese Nachos Refried Beans, Celery w/tom, carrots, Applesauce Chicken Sandwich</p> <p>BBQ Flatbread Pizza</p>	<p>3 Pancakes</p> <p>Orange Chicken w/Rice Green Beans, Carrots & Salad Fresh Fruit Fish Sandwich</p> <p>Beef Soft Taco</p>	<p>4 Breakfast Pizza</p> <p>Bosco Sticks Peas, Garden Salad, Carrots, Fries & Fruit Pepperoni Pizza</p> <p>Chicken Quesadilla</p>
<p>7 Frudel</p> <p>BBQ Sandwich Baked Beans, Carrots, Salad Tropical Fruit Chicken Sandwich</p> <p>Chicken Tetrizzini w/Roll</p>	<p>8 Frittata</p> <p>Spicy Chicken Sandwich Sweet Potato Fries, Cauliflower, Celery & Fresh Fruit Cheeseburger Sandwich</p> <p>Chicken Alfredo w/Roll</p>	<p>9 WG Cinnamon Roll</p> <p>Chili Cheese Nachos Refried Beans, Carrots, & Salad Applesauce Grilled Chicken w/ let &tom</p> <p>Fiesta Flatbread Pizza</p>	<p>10 French Toast</p> <p>Corn Dog Green Beans, Carrots, Celery w/tom & Fresh Fruit General Tso Chicken w/Rice</p> <p>Chicken Sandwich</p>	<p>11 Sausage Gravy Pizza</p> <p>Ham & Cheese Pocket Broccoli Carrots, Salad & Fries Fruit 4 – Meat Pizza</p> <p>Hot Dog</p>
<p>14 15 16 17 18</p> <h1 style="text-align: center;">FALL BREAK!!</h1>				
<p>21 Frittata</p> <p>Teriyaki Chicken w/Rice Green Beans, Carrots Mandarin Oranges Fish Sandwich</p> <p>Chicken Chunks w/Roll</p>	<p>22 Sausage Pancake on Stick</p> <p>Beef Ravioli w/Roll California Veggie, & Celery Stick w/tom & Fresh Fruit Chicken Sandwich</p> <p>Meatball Sub</p>	<p>23 Cinnamon Pull Aparts</p> <p>Chili Cheese Nachos Cauliflower, Salad & Carrots Tropical Fruit Cheeseburger Sandwich</p> <p>Chicken Soft Taco</p>	<p>24 Pancakes</p> <p>Chicken Noodles w/Mashed Potatoes, Carrots, Fresh Fruit Spicy Chicken Sandwich</p> <p>Bean & Cheese Burrito w/Salsa</p>	<p>25 Breakfast Pizza</p> <p>Buffalo Chicken Pizza Hot Veggie, Carrots, Salad & Fries Fruit Ham & Cheese Rippers</p> <p>Chicken Sandwich</p>
<p>28 Sausage Pancake on Stick</p> <p>Ham & Cheese Sandwich Baked Beans, Garden Salad, Carrots & Pears Garlic French Bread Pizza</p> <p>Cheeseburger Sandwich</p>	<p>29 Frudel</p> <p>Beef Soft Taco Broccoli, Carrots & Salad Fresh Fruit Chicken Sandwich</p> <p>Macaroni & Cheese w/Roll</p>	<p>30 Cinnamon Roll</p> <p>Chili Cheese Nachos Refried Beans, Salad, Carrots Applesauce Cheeseburger Sandwich</p> <p>Spicy Chicken Sandwich</p>	<p>31 French Toast</p> <p>Sloppy Joe Sandwich Sweet Potato Fries, Peas, Carrots Fresh Fruit Spicy Chicken Wrap</p> <p>Teriyaki Chicken w/Rice</p>	<p>1 Sausage Gravy Pizza</p> <p>Chicken Sandwich Corn, Salad & Carrots Fruit Cheese Pizza</p> <p>Chicken Quesadilla</p>

News

BREAKFAST

*Served Daily from 7:05-7:20am
Options Available:*

Hot Entrée

Fruit

Yogurt Parfait w/Granola

Cereal

Muffins

Juice & Milk

Students Breakfast Meal

\$1.35

Adult Breakfast Meal

\$1.75

LUNCH

Deli Line

2-Home Style Lines

International Line

Student Meal

\$2.45

Adult Meal

\$3.50

**ASSORTED FRUIT & VEGGIES
ARE AVAILABLE DAILY ON ALL
LINES**

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