



AUGUST | 2017

GHS CAFÉ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 31st Pancake on Stick Juice, Bananas & Milk Chili Cheese Nachos Refried Beans, Salad, Carrots Apple Sauce Cheeseburger Sandwich Spicy Chicken Sandwich	1 Fruit Frudel Juice, Oranges & Milk Beef Soft Taco Broccoli, Carrots, Salad Fresh Fruit Chicken Sandwich Mac & Cheese w/Roll	2 Cinnamon Roll Juice, Peaches & Milk Ham & Cheese Sandwich Baked Beans, Celery w/Tom, Carrots & Pears Garlic French Bread Pizza Cheeseburger Sandwich	3 French Toast Sticks Juice, Pineapple & Milk Sloppy Joe Sandwich Green Beans, Sweet Potato Fries Fresh Fruit Spicy Chicken Wrap Teriyaki w/Rice	4 Bkfst Bacon Cheese Pizza Juice, Fruit & Milk Spicy Chicken Sandwich Corn, Salad & Fries Fruit Cheese Pizza Chicken Quesadilla
7 Pancakes Juice, Apple & Milk Chili Cheese Nachos Refried Beans, Diced Potatoes Carrots, Salad & Apple Sauce Spicy Chicken Sandwich Bean & Cheese Burrito w/Salsa	8 Sausage Pancake on Stick Juice, Oranges & Milk Spaghetti w/Bread California Veggies, Garden Salad Carrots & Fresh Fruit Buffalo Chicken w/Roll Chicken Sandwich	9 Bkfst Pizza Juice, Peaches & Milk Chicken Caesar Wrap Corn, Salad & Carrots w/Tom Pineapple Cheeseburger Sandwich BBQ Flatbread Pizza	10 Egg Stravaganza w/Graham, Juice, Orange & Milk Chicken Quesadilla Roasted Carrots, Sald & Celery Fresh Fruit Fish Sandwich Orange Chicken w/Rice	11 Bkfst Bacon Cheese Pizza Juice, Fruit & Milk Bosco Sticks Roasted Brussels Sprouts, Carrots, Salads, Fries & Fruit 4 – Cheese Pizza Beef Soft Taco w/Lettuce Cheese
14 Frudel Juice, Banana & Milk Chili Cheese Nachos Refried Beans, Salad, Carrots Apple Sauce Bean & Cheese Burrito w/Salsa Chicken Sandwich	15 Egg Muffin Juice, Oranges & Milk Grilled Chicken Sandwich Baked Beans, Sweet Potato Fries Celery & Fresh Fruit Cheeseburger Sandwich Chicken Alfredo w/Roll	16 Cinnamon Roll Juice, Peaches & Milk Chicken Soft Taco w/let & cheese Steamed Broccoli, Carrot Sticks Salad & Peaches Spicy Chicken Sandwich Fiesta Flatbread Pizza	17 French Toast Sticks Juice, Pineapple & Milk Corn Dog Winter Veggies, Carrot Sticks Salad & Fresh Fruit Chicken Sandwich General Tso Chicken w/Rice	18 Bkfst Bacon Pizza Juice, Fruit & Milk BBQ on Bun Roasted Cauliflower, Salad & Carrot Sticks Fruit 4 – Meat Pizza Crispito w/Rice
21 Frittata Juice, Apples & Milk Chili Cheese Nachos Refried Beans, Garden salad Carrots & Pears Cheeseburger Sandwich Ham & Cheese Calzone	22 Pancake on Stick Juice, Banana & Milk Chicken Sandwich Green Beans, Carrots & Salads Fresh Fruit Bean & Cheese Burrito w/Salsa Meatball Sub w/Mozz Cheese	23 Bkfst Pizza Juice, Peaches & Milk Teriyaki Chicken w/Rice Corn, Broccoli Tropical Fruit Spicy Chicken Sandwich Pepperoni Pizza	24 Pancakes Juice, Oranges & Milk Chicken Noodles w/Roll Cooked Carrots & Mashed Potatoes Fresh Fruit Chicken Sandwich Rotini w/meat sauce	25 Bkfst Bacon Pizza Juice, Fruit & Milk Buffalo Chicken Pizza Corn, Salads, Carrots w/Tom Fruit 4 – Cheese Pizza Grilled Chicken Sandwich let/tom
28	29	30	31	

News

BREAKFAST

served daily 7-7:20 am

Options available:

*Hot Entrée
Fruit
Yogurt Parfait/Granola
Cereal
Muffins
Juice
Milk*

Student Breakfast Meal \$1.35

Adult Breakfast Meal \$1.75

LUNCH:

*Deli Line
Salad options:*

*Vegetarian
Chicken
Ham & Egg
Chef*

Sub and Wrap options:

*Ham & Cheese
Turkey
Italian
Vegetarian*

Student Meal \$2.45

Adult Meal \$3.50

*Assorted Fruits & Veggies Available Daily on
All Lunch Lines.*