



SEPTEMBER | 2017

GHS CAFÉ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bkfst Bacon Pizza Juice, Apple & Milk Spicy Chicken Sandwich Corn, Salad, & Carrot Fries & Peaches Pizza Chicken Quesodilla
4 Labor Day	5 Sausage Pancake on Stick Juice, Banana & Milk Spaghetti w/Meat Sauce & G/bread California Veggies & Garden Salad, Fresh Fruit Spicy Chicken Sandwich Chicken Sandwich	6 Sausage Gravy Pizza Juice, Peaches & Milk Chili Cheese Nachos Refried Beans, Diced Potatoes Salad, Carrots & Applesauce Chicken Sandwich BBQ Chicken Flat Bread	7 Pancakes Juice, Oranges & Milk Chicken Quesadilla Green Beans, Carrots & Salad Fresh Fruit Fish Sandwich Orange Chicken w/Rice	8 Breakfast Bacon pizza Juice, Fruit & Milk Bosco Sticks Roasted Brussels, Carrots Fruit 4 Cheese Pizza Beef Soft Taco
11 Frudel Juice, Banana & Milk Chicken Soft Taco Broccoli, Carrots w/tom Tropical Fruit Chicken Sandwich Chicken Tetrazzini w/Roll	12 Egg & Cheese Muffin Juice, Orange & Milk Spicy Chicken Sandwich Baked Beans, Sweet Potato Fries Fresh Fruit Cheeseburger Sandwich Chicken Alfredo w/Roll	13 Cinnamon Roll Juice, Peaches & Milk Chili Cheese Nachos Refried Beans, Carrots & Salad Applesauce Grilled Chicken w/lettuce & tom Fiesta Chicken Flat Bread	14 French Toast Juice, Pineapple & Milk Corn Dog Green Beans, Carrots w/tom Fresh Fruit Chicken Sandwich General Tso Chicken w/rice	15 Breakfast Bacon Pizza Juice, Fruit & Milk BBQ Sandwich Roasted Cauliflower & Carrots Fries & Fruit 4 Meat Pizza Crispito w/Rice
18 Frittata Juice, Apple & Milk Teriyaki Chicken w/Rice Broccoli, Carrots w/tom Mixed Fruit Spicy Chicken Sandwich Popcorn Chicken w/Roll	19 Sausage Pancake on Stick Juice, Banana & Milk Ravioli w/Roll California Veggies & Celery sticks w/tom Fresh Fruit Chicken Sandwich Meat Ball Sub	20 Sausage Gravy Pizza Juice, Peaches & Milk Chili Cheese Nachos Refried Beans, Salad, Cauliflower Tropical Fruit Cheeseburger Sandwich Pepperoni Pizza	21 Pancakes Juice, Fruit & Milk Chicken & Noodles w/roll Mashed Potatoes, Carrots & Salad Fresh Fruit Fish Sandwich Rotini w/Meat Sauce	22 Breakfast Bacon Pizza Juice, Fruit & Milk Buffalo Chicken Pizza Carrots, Garden Salad Fries & Fruit 4 Cheese Pizza Grilled Chicken w/lettuce & tom
25 Sausage Pancake on Stick Juice, Banana & Milk Ham & Cheese Sandwich Baked Beans, Salad & Carrots Pears Cheeseburger Sandwich Garlic French Bread	26 Frudel Beef Soft Taco w/Lettuce & Cheese Broccoli, Carrots Fresh Fruit Chicken Sandwich Mac & Cheese w/roll	27 Cinnamon Roll Juice, Peaches & Milk Chili Cheese Nachos Refried Beans, Salad, Celery w/tom Applesauce Cheeseburger Sandwich Spicy Chicken Sandwich	28 French Toast Juice, Pineapple & Milk Sloppy Joes Sweet Potato Fries, Green Beans Fresh Fruit Spicy Chicken Wrap Teriyaki Chicken w/ Rice	29 Breakfast Bacon Pizza Juice, Fruit & Milk Spicy Chicken Sandwich Corn, Salad & Carrots Fries & Fruit Pizza Bean Burrito w/salsa

News

Breakfast

Served daily 7-7:20am

Options Available:

Hot Entrée

Fruit

Yogurt Parfait/Granola

Cereal

Muffins

Juice & Milk

Student Breakfast Meal \$1.35

Adult Breakfast Meal \$1.75

Lunch: 4 Lines

Deli Line

2 Home Style Lines

International Line

Student Meal \$2.45

Adult Meal \$3.50

**Assorted Fruits and Veggies
are available daily on ALL
lunch lines.**