





GHV High School Menus

January 2019

MON	TUE	WED	THU	FRI
	 1	2 NO SCHOOL	3 Chicken Patty on Bun (36) Fruit Baked Beans (30) Baby Carrots & Celery Sticks (6)	4 Cheese-Filled Breadstick (17) (34) Fruit Tomato Soup (10) Veggies (4) & Hummus (11)
7	8	9	10	11
Hamburger on Bun (23) Fruit Broccoli Salad (29) Carrots (6) Lettuce & Tomato	Chicken Drumstick (5) Fruit Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Dinner Roll (28) & Margarine Graham Crackers (19) **	Pork Patty on Bun (32) Fruit Veggies (4) & Hummus (11) Honey & Cinn. Sweet Potatoes (30)	Chicken Parmesan over Pasta (41) Fruit Romaine Salad (2) & Dressing Trio Blend Veggies (11)	Mac & Cheese (24) (36) Fruit Baby Carrots & Celery Sticks (6) Green Beans (5) Fruit Crisp (32)
14	15	16	17	18
Chicken Tenders (16) & Sauce (15) Fruit Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Dinner Roll (28) & Margarine **	Sub Sandwich (19) (38) & Mayo Fruit Baby Carrots & Celery Sticks (6) Corn (21) Lettuce & Tomato	Shredded Pork on Bun (36) Fruit Carrots (7) Cranberry-Apple Coleslaw (7)	Chicken Burrito Bowl with Black Beans & Corn (26) Fruit Spanish Rice (25) Salsa, Lettuce & Tomato (6) Tortilla Chips (19)	Cheese Pizza (34) Fruit Veggies (4) & Hummus (11) Romaine Salad (2) & Dressing
21	22	23	24	25
Hot Ham & Cheese Sandwich (32) Fruit Green Beans (5) Baby Carrots & Celery Sticks (6)	Chicken Broccoli Bowl (57) Fruit Romaine Salad (2) & Dressing	Hamburger on Bun (23) Fruit Sweet Potato Fries (19) Veggies (4) & Hummus (11)	Chicken Fajita & Veggies (22) Fruit Salsa (5) Bean & Corn Salad (24) Tortilla Chips (19)	Chili (11) (16) Fruit Romaine Salad (2) & Dressing Corn (21) Cinnamon Roll (16) Saltines (21) *
28	29	30	31	
Breakfast Casserole (19) Fruit Veg/Fruit Drink (13) Muffin (31) Graham Crackers (19) **	Chicken Nachos (22) Fruit Beans & Rice (21) Salsa, Lettuce & Tomato (6) Baby Carrots & Celery Sticks (6)	Chicken Nuggets (15) & Sauce (16) Fruit Veggies (4) & Hummus (11) Baked Beans (30) Dinner Roll (28) & Margarine	Cheese Pizza (34) Fruit Romaine Salad (2) & Dressing Carrots (6)	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Diabetic/Carb Counting: grams of carbohydrates are listed behind menus items

Offered Daily:

Choice of Milk: Skim, 1%, Chocolate Skim or Strawberry Skim

Additional Serving of Plain Vegetable and/or Fruit

Cheese Sandwich, String Cheese, Yogurt Cup OR Sunbutter & Jelly Sandwich may substitute for menu entrée