



GHV High School Menus

March 2019

MON	TUE	WED	THU	FRI
				1
				Cheese Pizza (34) Fruit Veggies (4) & Hummus (11) Romaine Salad (2) & Dressing
4	5	6	7	8
Hot Ham & Cheese Sandwich (32) Fruit Green Beans (5) Baby Carrots & Celery Sticks (6)	Chicken Nachos (26) Fruit Beans & Rice (21) Salsa, Lettuce & Tomato (6) Baby Carrots & Celery Sticks (6)	Shrimp Poppers (21) & Tartar Sauce (2) Fruit Mashed Potatoes & Margarine Baked Beans (30) 3 hr early out	Meatball Sub (43) Fruit Green Beans (5) Potato Wedges (17)	Cheese-Filled Breadstick (34) Fruit Tomato Soup (10) Veggies (4) & Hummus (11)
11	12	13	14	15
18	19	20	21	22
Mandarin Chicken (17) over Rice (22) Fruit Romaine Salad (2) & Dressing Green Beans (5) Graham Crackers (19)	Meatloaf (13) Fruit Mashed Potatoes (15) & Margarine Carrots (6) Cookie (19) Dinner Roll (29) & Margarine**	Chicken Patty on Bun (36) Fruit Baked Beans (30) Baby Carrots & Celery Sticks (6)	Taco (26) Fruit Spanish Rice (25) Salsa, Lettuce & Tomato (6) Bean & Corn Salad (24)	Cheese Pizza (34) Fruit Romaine Salad (2) & Dressing Carrots (6)
25	26	27	28	29
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 (36) Fruit Baby Carrots & Celery Sticks (6) Green Beans (5) Fruit Crisp (32)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Diabetic/Carb Counting: grams of carbohydrates are listed behind menu 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