





GHV Middle School Menus

September 2019

MON	TUE	WED	THU	FRI
 LABOR DAY No School	2 Sub Sandwich (20) & Mayo Veggies (5) & Hummus (11) Romaine Salad (2) & Dressing Fruit	3 Chicken Patty on Bun (36) Baked Beans (30) Carrots (5) Fruit	4 Chicken Fajita with Fajita Veggies & Cheese (22) Salsa, Lettuce & Tomato (6) Corn (21) Fruit Cookie (19)	5 Cheese Pizza (34) Romaine Salad (2) & Dressing Veggies (5) & Hummus (11) Fruit
9 Mandarin Chicken over Rice (39) Green Beans (5) Romaine Salad (2) & Dressing Fruit	10 Taco (26) Trio Mixed Vegetables (11) Salsa, Lettuce & Tomato (6) Carrots & Celery (5) Fruit	11 Pork Patty on Bun (32) Baked Beans (30) Potato Wedges (17) Fruit	12 Chicken Parmesan over Pasta (41) Romaine Salad (2) & Dressing Carrots (5) Fruit	13 Cheese-Filled Breadstick (34) Tomato Soup (15) Veggies (5) & Hummus (11) Fruit
16 Hot Ham & Cheese (32) Sweet Potato Fries (19) Romaine Salad (2) & Dressing Fruit	17 Chicken Nuggets (15) Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Fruit	18 Shredded Pork on Bun (36) Peas Coleslaw (7) Fruit	19 Chicken Burrito Bowl with Black Beans & Corn (26) Spanish Rice (25) Salsa, Lettuce & Tomato (6) Carrots & Celery (5) Fruit Tortilla Chips (19)	20 Cheese Pizza (34) Romaine Salad (2) & Dressing Veggies (5) & Hummus (11) Fruit
23 Chicken Tenders (16) Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Fruit	24 Chicken Broccoli Bowl (57) Carrots & Celery (5) Fruit	25 Hamburger (2) on Bun (21) Trio Mixed Vegetables (11) Broccoli Salad (29) Fruit	26 Chili (16) Veggies (5) & Hummus (11) Fruit Cinnamon Roll (21)	27 Mac & Cheese (48) Green Beans (5) Romaine Salad (2) & Dressing Fruit Dinner Roll (28)
30 Breakfast Casserole (19) Vegetable Juice (13) Muffin (31) Fruit				

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

Sunbutter Sandwich, Cheese Sandwich, String Cheese or Yogurt Cup substitute for menu entrée