

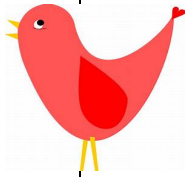




# GHV High School Menus

## March 2020

Menu subject to change

MON	TUE	WED	THU	FRI
<b>2</b> Breakfast Casserole (19) Vegetable Juice (13) Muffin (31) Fruit Graham Crackers (19)	<b>3</b> Sub Sandwich (38) & Mayo Veggies (5) & Hummus (11) Romaine Salad (2) & Dressing Fruit	<b>4</b> Chicken Patty on Bun (36) Baked Beans (30) Carrots (5) Fruit	<b>5</b> Chicken Fajita with Fajita Veggies & Cheese (22) Salsa, Lettuce & Tomato (6) Corn (21) Tortilla Chips (19) Fruit	<b>6</b> Cheese Pizza (34) Romaine Salad (2) & Dressing Veggies (5) & Hummus (11) Fruit
<b>9</b> Mandarin Chicken over Rice (39) Green Beans (5) Romaine Salad (2) & Dressing Fruit Dinner Roll (28)	<b>10</b> Taco (34) Trio Mixed Vegetables (11) Salsa, Lettuce & Tomato (6) Carrots & Celery (5) Fruit Cookie (27)	<b>11</b> Pork Patty on Bun (32) Baked Beans (30) Potato Wedges (17) Fruit	<b>12</b> Chicken Parmesan over Pasta (41) Romaine Salad (2) & Dressing Carrots (5) Fruit	<b>13</b> Cheese-Filled Breadstick (34) Tomato Soup (15) Veggies (5) & Hummus (11) Fruit
<b>16</b> Hot Ham & Cheese (32) Sweet Potato Fries (19) Romaine Salad (2) & Dressing Fruit	<b>17</b> Chicken Nuggets (15) Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Fruit Cookie (27) 	<b>18</b> Shredded Pork on Bun (36) Peas (12) Coleslaw (7) Fruit	<b>19</b> Chicken Burrito Bowl with Black Beans & Corn (26) Spanish Rice (25) Salsa, Lettuce & Tomato (6) Carrots & Celery (5) Fruit Tortilla Chips (19)	<b>20</b> Cheese Pizza (34) Romaine Salad (2) & Dressing Veggies (5) & Hummus (11) Fruit
<b>23</b> Chicken Tenders (16) Mashed Potatoes (15) & Gravy (3) Baked Beans (30) Fruit Dinner Roll (28)	<b>24</b> Chicken Broccoli Bowl (57) Carrots & Celery (5) Fruit	<b>25</b> Hamburger (2) on Bun (21) Trio Mixed Vegetables (11) Broccoli Salad (29) Fruit	<b>26</b> Chili (16) Veggies (5) & Hummus (11) Fruit Cinnamon Roll (21) Saltines (21)	<b>27</b> Mac & Cheese (48) Green Beans (5) Romaine Salad (2) & Dressing Fruit Dinner Roll (28)
<b>30</b> Breakfast Casserole (19) Vegetable Juice (13) Muffin (31) Fruit Graham Crackers (19)	<b>31</b> Sub Sandwich (38) & Mayo Veggies (5) & Hummus (11) Romaine Salad (2) & Dressing 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