

## September 2019



LUNCH

INTERMEDIATI		•	`	LUNC
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<sup>2</sup> <b>Holiday</b>	Taco's or Chili Cheese Burrito Tossed Salad Pinto Beans Salsa Diced Peaches Cornbread	4 Steak Fingers or Hamburger Steak w/Gravy Creamy Whipped Potatoes Green Beans Kiwi Strawberry Sidekick Hot Roll	5 Boneless Chicken Wings or Chicken Tenders Potato Wedges Chili Beans Fresh Vegetables Fruit Fluff Garlic Toast	6 Chicken Sandwich or Spicy Chicken Sandwich Curley Fries Sandwich Salad Fresh Orange
Pepperoni Pizza or Buffalo Chicken Wrap Corn Fresh Vegetables Applesauce	10 Cheese Enchilada's or Chili Cheese Burrito Cinnamon Glazed Carrots Pinto Beans Salsa Diced Pears Cornbread	Chicken Tenders or BBQ Chicken Creamy Whipped Potatoes Green Beans Mandarin Oranges Hot Roll	12 Chicken & Dumplings or Stuffed Crust Dippers Italian Blend Vegetables Garden Salad Sour Cherry Sidekick Garlic Toast	13 Breakfast for Lunch Pancakes & Sausage Strawberry Yogurt Hash Brown Rounds Cucumber Slices Diced Peaches
Chicken Sandwich or Spicy Chicken Sandwich Curley Fries Sandwich Salad Fresh Orange	Taco's or Chicken Fajita Wrap Pinto Beans Tossed Salad Salsa Applesauce Cornbread	Chicken Smackers or Boneless Chicken Wings Creamy Whipped Potatoes Broccoli w/Cheese Pineapple Parfait Hot Roll	Chicken Spaghetti or Chef Salad Italian Blend Vegetables Garden Salad Sour Cherry Sidekick Garlic Toast	Cheese Burger or Ham & Cheese Wrap Smiley Potatoes Sandwich Salad Apple Slices
Personal Pan Pizza or Chicken Mandarin Bowl w/Breadstick Corn Broccoli w/Cheese Diced Peaches  30 Chicken Sandwich	24 Walking Taco's or Crispito's Pinto Beans Cinnamon Glazed Carrots Salsa Citrus Cup	25 Chicken Nuggets or Fish Sticks Creamy Whipped Potatoes Green Beans Mandarin Orange Parfait Hot Roll	26 Chicken Tender Basket or Steak Finger Basket Curley Fries Fresh Salad Strawberry Cups Texas Toast	27 Bacon Cheese Burger or BBQ Sandwich Potato Wedges Burger/Fresh Salad Diced Pears
or Corn Dog Potato Wedges Sandwich/Fresh Salad Applesauce				

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## SPECIAL NOTES

- All students are offered a FREE complete meal at Gilmer Intermediate. It includes the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the (5) to be considered a full meal but are encouraged to take all (5). One (1) of the items chosen MUST be a fruit or vegetable.
- A choice of flavored milk is offered daily.
- Daily Adult Lunch Cost **GISD Staff - \$ 3.85** Guests - \$ 4.00
- Menus are subject to change due to availability.