

## September 2019



LIMCH

JK. HIGH			LUNCH	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday	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 Western Burger Curley Fries Sandwich/Fresh Salac Fresh Orange
9 Pepperoni Pizza or Buffalo Chicken Wrap Corn on the Cobb Fresh Vegetables Applesauce	10 Enchilada w/ cheese or Chili Cheese Burrito Pinto Beans Cinn Glazed Carrots Salsa Diced Peaches	Chicken Tenders or BBQ Chicken Creamy Whipped Potatoes Green Beans Mandarin Oranges Hot Roll	Chicken & Dumplings or Baked Potato Italian Blend Vegetables Garden Salad Sour Cherry Side Kick Garlic Toast	Cheese Burger or Corn Dog Potato Wedges Sandwich/Fresh Salad Citrus Cup
16 Chicken Sandwich or Spicy Chicken Sandwich Curley Fries Sandwich Salad Fresh Orange	Taco's or Chicken Fajita Wrap Pinto Beans Tossed Salad Salsa Diced Pears Cornbread	Chicken Fried Steak or Boneless Chicken Wings Creamy Whipped Potatoes Broccoli w/Cheese Pineapple Parfait Hot Roll	Chicken Spaghetti or Meatball Sub Italian Blend Vegetables Garden Salad Sour Cherry Side Kick Garlic Toast	Bacon Cheese Burger or Ham & Cheese Wra Tater Tot Casserole Sandwich Salad Apple
Personal Pan Pizza or Mandarin Chicken Bowl w/Breadstick Corn Broccoli w/Cheese Diced Peaches	24 Walking Taco's or Crispitos Pinto Beans Cinn Glazed Carrots Citrus Cup	25 Chicken Nuggets or Fish Sticks Creamy Whipped Potatoes Green Beans Mandarin Orange Parfait Hot Roll	26 Steak Fingers Basket or Chicken Tender Basket Curley Fries Fresh Salad Strawberry Cup Texas Toast	27 Chicken Sandwich or Western Burger Tater Tots Sandwich/Fresh Salad Diced Peaches
30 Chicken Sandwich or Corn Dog Potato Wedges Sandwich/Fresh Salad Pineapple Tidbits				

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## SPECIAL NOTES

- All students are offered a complete meal to include 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 Lunch Cost **Students - \$ 3.00** Reduced Students - \$ .40 Free Students - \$ .00 **GISD Staff - \$ 3.85** Guests - \$ 4.00
- Menus are subject to change due to availability.