



# GILMER COUNTY BREAKFAST/LUNCH

January 29 – March 9, 2018

Milk and fresh fruit are offered with every meal. A variety of cereal and juice are offered with every breakfast. At GCHS only students have the option of Grab-N-Go and Salad Bar.

*“This institution is an equal opportunity provider.”*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 29 (WG Waffles) Pepperoni Roll Macaroni & Cheese Romaine/Tomato Mix Steamed Carrots Canned Fruit	30 (Poptart) Taco Salad WG Corn Tortilla Chips Refried Beans Corn Canned Fruit	31 Variety Breakfast Loaf Crispy Chicken Mashed Potatoes w/Gravy Baby Carrots w/Ranch WW Roll Fresh Fruit	February 1 (WG Bagel) Hot Ham & Cheese Sdw. Potato Wedges Fresh Broccoli Fresh Fruit Choc. Chip Cookie (9-12)	2 (Apple Danish) Sausage Biscuit & Gravy Hash brown Scrambled Eggs Applesauce Fresh Fruit
Grab-N-Go: Pizza	Grab-N-Go: Steak Hoagie	Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich	Grab-N-Go: Egg Roll
5 (Cereal w/Yogurt) Pepperoni/Cheese Stromboli w/Sauce Garden Salad Fresh Carrots Fresh Fruit	6 (Pancakes) Cheeseburger w/Bun Lettuce/Tomato Potato Wedges Rice Krispy Bar Canned Fruit	7 (Chicken Biscuit) Pepperoni Pizza Caesar Salad Garlic Bread Stick w/Marinara Sauce Sherbet Fresh Fruit	8 (Granola Bar) Chicken Patty Sdw. French Fries Baked Beans Fresh Fruit Sugar Cookie	9 (French Toast Sticks) Ravioli Garden Salad w/Romaine Broccoli w/Parmesan Fresh Fruit
Grab-N-Go: Sloppy Joe	Grab-N-Go: Pizza	Grab-N-Go: Club Sdw.	Grab-N-Go: Pizza	Grab-N-Go: Meatball Sub
12 (Cinnamon Roll) Salisbury Steak Mashed Potatoes w/Gravy Steamed Broccoli WW Roll Fresh Fruit	13 (Sausage Dog) Pizza Garden Salad Corn Canned Fruit Sidekick Slushie	14 (Breakfast Pizza) Corn Dog Macaroni and Cheese Baked Beans Fresh Fruit Peanut Butter No Bake Cookie	15 (Cereal Bar) Turkey & Cheese Sdw. Dark Green Leaf Lettuce Tomato Oven Fries Fresh Fruit Graham Snacks (9-12)	16 (Churro) Bacon/Egg/Cheese Croissant w/Salsa Tator Tots Applesauce Fruit Grain Bar (9-12) Apple Wedges
Grab-N-Go: Pizza	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Roast Beef Sdw.	Grab-N-Go: BBQ Sandwich	Grab-N-Go: Cheeseburger
19 (WG Waffles) Pepperoni Roll String Cheese Romaine/Tomato Mix Steamed Carrots Canned Fruit	20 (Blueberry Muffin) Hotdog w/Sauce Tator Tots Baked Beans Fresh Fruit	21 (Sausage Biscuit) BBQ Chicken Red Roasted Potatoes Corn WW Roll Fresh Fruit	22 (Poptart) Spaghetti w/Meat Sauce Garden Salad Green Beans French Garlic Bd. Fresh Fruit	23 (Chicken Biscuit) Taco Salad w/Salsa WG Corn Tortilla Chips Refried Beans Cinnamon Roll Canned Fruit
Grab-N-Go: Egg Roll	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Chicken Sandwich	Grab-N-Go: Steak Hoagie
26(WW Donut & Cereal) Ham Scalloped Potatoes Caesar Salad Steamed Carrots Canned Fruit	27 (Cinnamon Roll) Chicken Nuggets Mashed Potatoes Corn WW Roll Fresh Fruit	28 (WW Bagel) Chili Corn Bread Celery & Cucumbers Royal Brownie Fresh Fruit	March 1 (Yogurt Parfait) Macaroni & Cheese Fish Sticks Seasoned Peas Fresh Baby Carrots WW Bread Fresh Fruit	2 (Pancakes) Cheeseburger w/Bun Dark Green Leaf Lettuce/Tomato Sweet Potato Fries Rice Crispy Bar Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Steak Hoagie	Grab-N-Go: Pepperoni Roll	Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich
5 (Cereal w/String Cheese) Salisbury Steak Mashed Potatoes w/Gravy Corn WW Roll Fresh Fruit	6 (Cereal Bar) Pig N Blanket Potato Wedges Broccoli w/Cheese Apple Canned Fruit	7 (Biscuit & Gravy) Lasagna Garden Salad WG French Garlic Bread Fresh Fruit Tomato Wedges (9-12) Carrot Sticks	8 (Breakfast Wrap) Chicken Wings French Fries Mixed Veggies w/Ranch Fresh Fruit	9 (Sausage Dog) Tomato Soup w/Crackers Grilled Cheese Sdw. Carrot Sticks w/Ranch Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Cheeseburger	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Club Sandwich	Grab-N-Go: Pizza

