



GILMER COUNTY BREAKFAST/LUNCH

September 23 – November 1, 2019

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
Sept. 23 (Super Donut) Pepperoni Roll Macaroni & Cheese Romaine/Tomato Mix Steamed Carrots Canned Pineapples	24 (Sausage Biscuit) Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Corn Canned Peaches	25 (Breakfast Loaf) Crispy Chicken Mashed Potatoes Gravy Green Pepper Strips Ranch WW Roll Fresh Fruit	26 (Bagel) Meatball Sub w/Mozz. Potato Wedges Fresh Broccoli Mixed Fruit Choc. Chip Cookie (9-12)	27 (Poptart) Sausage Gravy Biscuit Hash Brown Scrambled Eggs Apple Sauce Fresh Fruit
Grab-N-Go: Egg Roll	Grab-N-Go:Steak Hoagie	Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza
30 (Yogurt) Pepperoni/Cheese Stromboli w/Sauce Garden Salad Fresh Carrots Mandarin Oranges	1 (Pancake Minis) Chicken Alfredo Garden Salad w/Romaine Broccoli w/Parmesan Canned Pears	2 (Banana Bread) Chicken Patty Sdw. Romaine Lettuce/Tom. French Fries Baked Beans Fresh Fruit Sugar Cookie	3 (Granola Bar) Pepperoni Pizza Caesar Salad Garlic Bread w/Marinara Sauce Sherbet Fresh Fruit	4 (Chicken Biscuit) WV Grown Cheeseburger Romaine Lettuce/Tom. Potato Wedges Rice Krispy Bar Pineapples
Grab-N-Go: Sloppy Joe	Grab-N-Go:Meatball Sub	Grab-N-Go: Steak Hoagie	Grab-N-Go: Club Sandwich	Grab-N-Go: Pizza
7 (Cinnamon Roll) Salisbury Steak Mashed Potatoes Gravy Green Beans WW Roll Fresh Fruit	8 (Sausage Dog) Chicken Strips Crispy Curly Fries Honey Carrot Coins Frozen Fruit Slushie Fresh Fruit	9 (Breakfast Pizza) Corn Dog Macaroni and Cheese Baked Beans Fresh Fruit Peanut Butter No Bake	10 (Cereal Bar) Turkey & Cheese Sdw. Romaine Lettuce/Tom. Oven Fries Canned Peaches Graham Snacks (9-12)	11 (Sausage, Egg, Cheese Bisc) Chicken Philly Sub Tator Tots Applesauce Fruit Grain Bar (9-12) Apple Wedges
Grab-N-Go: Pizza	Grab-N-Go: BBQ Sdw.	Grab-N-Go: Pepperoni Roll	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Cheeseburger
14 (Banana Bread) Chicken Nuggets Mashed Potatoes/Gravy Corn WW Roll Fresh Fruit	15 (Apple Danish) Pepperoni Roll String Cheese Romaine/Tomato Mix Steamed Carrots Canned Pineapples	16 (Sausage Biscuit) Chicken Drumsticks Red Roasted Potatoes Corn WW Roll Fresh Fruit	17 (Blueberry Muffin) Spaghetti w/Meat Sauce Garden Salad Green Beans French Garlic Bd. Fresh Fruit	18 (Chicken Biscuit) Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Roll Mandarin Oranges
Grab-N-Go: Pizza	Grab-N-Go: Fish Sdw.	Grab-N-Go: Pizza	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Steak Hoagie
21 (Super Donut) Meatloaf Mashed Potatoes Gravy Caesar Salad Applesauce	22 (Cinnamon Roll) Chicken Teriyaki Fried Rice brEgg Roll Fortune Cookie Fresh Fruit	23 (Yogurt Parfait) Pizza Garden Salad Lima Beans Canned Pears Frozen Fruit Slushie	24 (Bagel) Fish Sticks Macaroni & Cheese Seasoned Peas Fresh Baby Carrots WW Bread Fresh Fruit	25 (Pancakes) Cheeseburger Romaine Lettuce/Tom. Sweet Potato Fries Rice Krispy Bar Canned Peaches
Grab-N-Go: Pizza	Grab-N-Go:Steak Hoagie	Grab-N-Go: Club Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Corn Dog
28 (Biscuit & Gravy) Salisbury Steak Mashed Potatoes w/Gravy Green Beans WW Roll Fresh Fruit	29 (Breakfast Pizza) Pig N Blanket Potato Wedges Broccoli w/Cheese Apple Canned Fruit	30 (Cereal Bar) Lasagna Garden Salad WG French Garlic Bread Fresh Fruit Carrot Sticks	31 (Breakfast Wrap) Chicken Wings French Fries Baked Beans Fresh Fruit	Nov. 1 (Sausage Dog) Tomato Soup w/Crackers Grilled Cheese Sdw. Red/Orange Pepper Strips Cheese Stick Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Cheesburger	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Club Sdw.	Grab-N-Go: Pizza