



# JANUARY | 2020

## GHS CAFÉ

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
<p>6 Sausage Pancake on Stick</p> <p>Ham &amp; Cheese Sandwich Baked Beans, Garden Salad, &amp; Carrots Pears Garlic French Bread Pizza</p> <p>Cheeseburger Sandwich</p>	<p>7 Frudel</p> <p>Beef Soft Taco w/Let &amp; cheese Broccoli, Carrots &amp; Salad Fresh Fruit Chicken Sandwich</p> <p>Macaroni &amp; Cheese w/Roll</p>	<p>8 Cinnamon Roll</p> <p>Chili Cheese Nachos Refried Beans, Salad &amp; Carrots Applesauce Cheeseburger Sandwich</p> <p>Spicy Chicken Sandwich</p>	<p>9 French Toast Sticks</p> <p>Sloppy Joe Sandwich Sweet Potato Fries, Peas &amp; carrots Fresh Fruit Spicy Chicken Wrap</p> <p>Teriyaki Chicken w/Rice</p>	<p>10 Sausage Gravy Pizza</p> <p>Chicken Sandwich Corn, Salad, Carrots &amp; Fries Peaches Cheese Pizza</p> <p>Chicken Quesadilla</p>
<p>13 Egg Extravaganza</p> <p>Chicken Caesar Wrap w/lettuce Corn, Carrots w/tom &amp; Salad Pineapple Cheeseburger Sandwich</p> <p>Cheese Lasagna</p>	<p>14 Sausage Pancake on Stick</p> <p>Spaghetti w/meat sauce &amp; bread Cali Veggies, Salad Fresh Fruit Spicy Chicken Sandwich</p> <p>Chicken Soft Taco</p>	<p>15 Pull Apart</p> <p>Chili Cheese Nachos Refried Beans, Carrots w/tom Celery w/tom Applesauce Chicken Sandwich</p> <p>BBQ Chicken Flat Bread</p>	<p>16 Pancakes</p> <p>Orange Chicken w/Rice Green Beans, Carrots, Salad Fresh Fruit Fish Sandwich</p> <p>Beef Soft Taco</p>	<p>17 Breakfast Pizza</p> <p>Bosco Sticks Peas, Carrots, Fries Fruit Pepperoni Pizza</p> <p>Chicken Quesadilla</p>
<p>20 SNOW MAKE UP DAY IF NEEDED</p> <p>CHEFS CHOICE</p>	<p>21 Egg Extravaganza</p> <p>Spicy Chicken Sandwich Cauliflower, Sweet Potato Fries, Celery &amp; Fresh Fruit Cheeseburger Sandwich</p> <p>Chicken Alfredo w/Roll</p>	<p>22 Cinnamon Rolls</p> <p>Chili Cheese Nachos Refried Beans, Carrots, Salad Applesauce Grilled Chicken Sandwich</p> <p>Fiesta Chicken Flatbread</p>	<p>23 French Toast Sticks</p> <p>Corn Dog Green Beans, Carrots, Celery w/tom Fresh Fruit General Tso Chicken</p> <p>Chicken Sandwich</p>	<p>24 Sausage Gravy Pizza</p> <p>Ham &amp; Cheese Pocket Broccoli, Carrots, Salad Fruit 4 – Meat Pizza</p> <p>Hot Dog</p>
<p>27 Egg Extravaganza</p> <p>Teriyaki Chicken w/Rice Green Beans, Carrots, Salad Mandarin Oranges Fish Sandwich</p> <p>Chicken Chunks w/Roll</p>	<p>28 Sausage Pancake on Stick</p> <p>Ravioli w/Roll Cali Veggies, Celery, Carrots Fresh Fruit Chicken Sandwich</p> <p>Meatball Sub</p>	<p>29 Pull Apart</p> <p>Chili Cheese Nachos Cauliflower, Salad, Carrots Tropical Fruit Cheeseburger Sandwich</p> <p>Chicken Soft Taco</p>	<p>30 Pancakes</p> <p>Chicken Noodles w/Roll Mashed Potatoes, Carrots, Salad Fresh Fruit Spicy Chicken Sandwich</p> <p>Bean &amp; Cheese Burrito w/Salsa</p>	<p>31 Breakfast Pizza</p> <p>Buffalo Chicken Pizza Veggies, Salad, Carrots &amp; Fries Fruit Ham and Cheese Rippers</p> <p>Chicken Sandwich</p>

### News

### BREAKFAST

Served Daily from 7:05-7:20am  
Options Available:

*Hot Entrée*

*Fruit*

*Yogurt Parfait w/Granola*

*Cereal*

*Muffins*

*Juice & Milk*

*Students Breakfast Meal*

*\$1.35*

*Adult Breakfast Meal*

*\$1.75*

### LUNCH

*Deli Line*

*2-Home Style Lines*

*International Line*

*Student Meal*

*\$2.45*

*Adult Meal*

*\$3.50*

**ASSORTED FRUIT & VEGGIES  
ARE AVAILABLE DAILY ON ALL  
LINES**

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Provider**

**Esta institucion es un  
proveedor que ofrece igualdad  
de oportnidades**