

# AUGUST | 2022



## Welcome Back GHS

"This Institution is an Equal Opportunity Provider"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3 B: Frudel L: Corn Dog Baked Beans, Garden Salad, Carrots & Fruit Garlic French bread Chicken Drumstick w/ Roll	4 B: Cheesy Eggs & Hash Brown L: Chicken Quesadilla Sweet Potato Fries, Salad, Carrots & Fruit General TSO w/ Rice Spaghetti w/Garlic Knot	5 B: Sausage Pancake on Stick L: Bosco Sticks Corn, Salad, Carrots & Side Kicks Pepperoni Pizza Spicy Chicken Sand
8 B: Pull Apart L: Macaroni & Cheese w/ Roll Garden Salad, Cali Veggies, Carrots & Fruit Chicken Sandwich Chicken Soft Taco	9 B: Strawberry Strudel L: Ham & Cheese Rippers Salad, Celery w/ Peanut Butter & Fruit Cheeseburger Chicken Pops w/ Roll	10 B: Breakfast Burritos L: Chili Cheese Nachos Refried Beans, Chili Beans, Salad & Applesauce Spicy Chicken Sandwich BBQ Flatbread	11 B: French toast Sticks L: Teriyaki Chicken w/ Rice Asian Veggies, Salad, Spicy Fries & Fruit Tenderloin Sandwich Cheese Lasagna w/ Roll	12 B: Breakfast Pizza L: BBQ Sandwich Green Beans, Salad, Carrots & Side Kicks Calzones Woodman Burger Sandwich
15 B: Omelet w/ Hash Brown L: Chicken Pops w Roll, Salad, Baked Beans, Carrots, Mixed Fruit Chicken Sandwich Chicken Tetrizzini w/ Roll	16 B: Cowboy Bread L: Ravioli w/ Roll Broccoli, Sweet Potato Fries, Side Salad & Fruit Chicken Sandwich Fiesta Chicken Flatbread	17 B: Breakfast Burritos L: Chili Cheese Nachos Refried Beans, Salsa, Carrots Side Salad & Applesauce Chicken Teriyaki/rice Hotdog	18 B: Cinnamon Roll L: Chicken Noodles/ roll Green beans, Carrots, Spicy Fries, Side Salad & Fruit Pepperoni Pocket Dill Chicken Sandwich	19 B: Sausage Gravy Pizza L: Spicy Chicken Sandwich Side Salad, Carrots, Corn, Side Kicks 4- Meat Pizza Chicken Alfredo/Roll
22 B: Cheesy Eggs & Hash Brown L: Tenderloin Sand Broccoli, Carrots, Side Salad & Peaches Fish Sandwich Chicken Pops w/ Roll	23 B: Sausage Pancake on Stick L: General Tso Chicken Cali. Veggies, Side Salad & Mixed Fruit Chicken Sandwich Woodman Burger	24 B: Pull Apart L: Chili Cheese Nachos Refried Beans, Fiesta Black Beans, Salad & Applesauce Cheeseburger Sandwich Chicken Soft Tacos	25 B: Pancakes L: Chicken Drumstick/roll Mash Potatoes, Carrots, Side Salad & Pears Spicy Chicken Sandwich Beef Taco	26 B: Omelet w/ Hash Brown L: Buffalo Chicken Pizza Side Salad, Carrots & Side Kicks Calzones Chicken Sandwich
29 B: Frudel L: Corn dog Baked Beans, Carrots, Side Salad & Peaches Cheeseburger Sandwich Taco Puffs	30 B: Breakfast Chicken Biscuit L: Spaghetti w/Garlic Knot Side Salad, Corn, Celery Sticks & Fruit Chicken Sandwich Hotdog	31 B: French toast L: Chili Cheese Nachos Refried Beans, Side Salad, Carrots & Applesauce Hamburger Sandwich Chicken Soft Tacos	1 B: Cheesy Eggs & Hash Brown L: Chicken Quesadilla Sweet Potato Fries, Salad, Carrots & Fruit Fish Sand Calzone	2 B: Sausage Pancake on Stick L: Bosco Sticks Corn, Salad, Carrots & Side Kicks Pepperoni Pizza Spicy Chicken Sand

### News

**BREAKFAST:**  
Served Daily from  
7:00-7:30am

**BREAKFAST:**  
Students: \$1.45  
Reduced: \$ .30

Hot Breakfast Entrée  
Fruit  
Cereal  
Muffins  
Strawberry Parfait  
Juice & Milk

**LUNCH:**  
Students: \$2.65  
Reduced: \$.40  
Adults: \$4.75

Two-Home Style Lines  
International Line  
Deli Line  
Subs  
Wraps & Salads  
Low Fat Milk, Fruit and  
Veggies offered everyday  
Fruit Juice offered two days  
a week

Menu is Subject to Change  
without Notice