

SEPTEMBER | 2021

GHS CAFÉ



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>31</p>	<p>1 Cinnamon Roll</p> <p>Chili Cheese Nachos Refried Beans, Carrots Salad & Applesauce Cheeseburger Sandwich</p> <p>Spicy Chicken Sandwich</p>	<p>2 French Toast</p> <p>Sloppy Joe Sandwich Swt. Potato Fries, Salad Peas & Fresh Fruit Spicy Chicken Wrap</p> <p>Teriyaki Chicken w/Rice</p>	<p>3 Sausage Gravy Pizza</p> <p>Woodmen Burger Corn, Salad, Carrots Fries & Fruit Cheese Pizza</p> <p>Chicken Quesadilla</p>
<p>6</p> <p>No School</p>	<p>7 Pancake on a Stick</p> <p>Spaghetti w/ Bread Stick Garden Salad, Cali. Veggies Fresh Fruit Spicy Chicken Sandwich</p> <p>Chicken Soft Taco</p>	<p>8 Pull Aparts</p> <p>Chile Cheese Nachos Refried Beans, Chili Beans Celery Tomato & Applesauce Chicken Sandwich</p> <p>BBQ Chicken Flatbread Cinnamon Roll</p>	<p>9 Pancakes</p> <p>Orange Chicken w/ Rice Green Beans, Carrots Salad/ Fresh Fruit Fish Sandwich</p> <p>Hot Dog</p>	<p>10 Breakfast Pizza</p> <p>Bosco Sticks Peas, Carrots/Garden Salad Fries, Fruit Pepperonie Pizza</p> <p>Cheese Lasagna w/roll</p>
<p>13 Frudel</p> <p>BBQ Sandwich Baked Beans, Carrots Salad & Tropical Fruit Chicken Sandwich</p> <p>Chicken Tetrizzini w/Roll</p>	<p>14 Frittata</p> <p>Hot Pocket Cauliflower, St Potato Fries Celery w/tom & Fresh Fruit Woodmen Burger</p> <p>Fiesta Chicken Flatbread</p>	<p>15</p> <p>Chili Cheese Nachos Refried Beans, Carrots Salad & Fruit Chicken Drum Stick</p> <p>Chicken Alfredo w/ Roll</p>	<p>16 French Toast</p> <p>Corn Dog Green beans, Carrots Celery w/Tom, Fresh Fruit General TSO Chicken</p> <p>Chicken Sandwich</p>	<p>17 Sausage Gravy Pizza</p> <p>Spicy Chicken Sandwich Broccoli, Carrots Salad, Fries & Fruit 4- Meat Pizza</p> <p>Hot Dog</p>
<p>20 Egg Extravaganza</p> <p>Teriyaki Chicken w/ Rice Green Beans, Carrots Mandarin Oranges Fish Sandwich</p> <p>Chicken Pops w/ Roll</p>	<p>21 Sausage Pancake on Stick</p> <p>Ravioli w/ Roll Cali. Veggies, Celery Sticks Fresh Fruit Chicken Sandwich</p> <p>Meatball Sub</p>	<p>22 Pull Aparts</p> <p>Chili Cheese Nachos Refried Beans Chili Beans, Salad & Carrots, Tropical Fruit Cheeseburger Sandwich</p> <p>Chicken Soft Taco</p>	<p>23 Pancakes</p> <p>Chicken Noodles w/Roll Mash Potatoes, Carrots Fresh Fruit Spicy Chicken Sandwich</p> <p>Bean & Cheese Burrito w/Rice</p>	<p>24 Breakfast Pizza</p> <p>Buffalo Chicken Pizza Veggies, Salad & Carrots Fries & Fruit Calzones</p> <p>Chicken Sandwiches</p>
<p>27 Sausage Pancake on Stick</p> <p>Ham & Cheese Sandwich Baked Beans, Carrots & Garden Salad, Pears Garlic French Bread</p> <p>Chicken Drum Stick w/Roll</p>	<p>28 Frudel</p> <p>Beef Soft Taco Broccoli, Carrots Salad & Fresh Fruit Chicken Sandwich</p> <p>Macaroni & Cheese w/roll</p>	<p>29 Cinnamon Rol</p> <p>Chili Cheese Nachos Refried Beans, Chili Beans Salad & Applesauce Cheeseburger Sandwich</p> <p>Spicy Chicken Sandwich</p>	<p>30 French Toast</p> <p>Sloppy Joe Sandwich Swt. Potato Fries, Salad Peas & Fresh Fruit Spicy Chicken Wrap</p> <p>Teriyaki Chicken w/Rice</p>	<p>1</p>

News

Breakfast

Served Daily from 7:05-
7:20
Options Available:
Hot Entrée
Fruit
Cereal
Muffins
Juice and Milk

Lunch

Deli Line
2-Home Style Lines
International

**Assorted Fruit & Veggies
Are Available Daily on
All Lines**

*This Institution is an Equal
Opportunity Provider*

Menu Subject to Change