

GFW Lunch Menu September 2019

This institution is an equal opportunity provider. Middle School will have a Sandwich Bar Every Day. High School will have a Sandwich Bar Every Day. White - Fat Free or 1% & Flavored - Fat Free Milk is Served Daily This menu is subject to change.

Mon	Tues	Wed	Thur	Fri
2 Labor Day - No School	3 Hamburger/Toppings WG Bun Broccoli Sweet Potato Fries Assorted Fruit	4 Corn Dog Tater tots Carrot Sticks Assorted Fruit WG Bread-HS	5 Alfredo Chicken Fillet Pasta Salad Greens Steamed Carrots Assorted Fruit	6 Beef Nacho Tortilla Chips Corn Assorted Fruit
9 Teriyaki Chicken Bowl Brown Rice Pinto Beans Spinach Salad Carrot Sticks Assorted Fruit	10 Seasoned Meatballs Mashed Potatoes Fresh Broccoli Assorted Fruit WG Bread	11 Boneless Chicken Chomper Tortilla Chips Salsa Baked Beans Assorted Fruit	12 Italian Dunker Spaghetti Sauce Seasoned Broccoli Assorted Fruit	13 Fish Bites Coleslaw Peas Assorted Fruit Dinner Roll
16 Chicken Patty/WG Bun Sweet Potato Fries Carrots Assorted Fruit	17 Taco and Fixings Calico Beans Seasoned Rice WG Bread-HS Assorted Fruit	18 Spaghetti/Meat Sauce Green Beans Romaine Lettuce WG BreadStick Assorted Fruit	19 Mr. Rib French Fries Cucumber Slices Cauliflower Assorted Fruit	20 Pizza Salad Greens Peas Assorted Fruit
23 Hot Dog WG Bun Lettuce Salad Corn Assorted Fruit	24 Salisbury Steak/Gravy Mashed Potatoes ColeSlaw Assorted Fruit WG Bread	25 Hot Ham and Cheese/WG Bun Calico Beans Sun Chips Assorted Fruit	26 Cheese Omelet WG Pancakes Tater Tots OJ/Assorted Fruit	27 Turkey & Cheese Roll Up French Fries Carrot Sticks Assorted Fruit
30 Crunchy Chicken Tender Fresh Broccoli Lettuce Salad WG Bread Assorted Fruit				