

# JANUARY

## Monday

6

Chicken Nuggets  
Glazed BBQ Meatballs  
on Hoagie Bun  
Tuna Salad M3590  
Criscut Sweet Potatoes  
Mixed Vegetables  
Fruit Slushes  
Fresh Fruit Bowl  
Whole Wheat Roll  
Variety of Dipping Sauce  
Chocolate Milk  
Fat Free Milk

## Tuesday

7

Taco Soup, USDAF, M4500.1  
Chicken Fajita Wrap  
Managers Choice Salad  
Saltine Crackers  
Italian Sliced Carrots  
Spinach Salad  
Fresh Fruit Bowl  
Fresh Fruit Cup  
Cornbread  
Chocolate Milk  
Fat Free Milk

## Wednesday

1

BBQ Pulled Pork Burger  
Chef Salad  
Ham and Turkey  
Sandwich  
Baked Beans  
Confetti Coleslaw  
Fresh Pears  
Fresh Bananas  
Chocolate Chip Cookie  
Low Fat Milk  
Chocolate Milk

## Thursday

2

Spaghetti & Meat Sauce  
Grilled Chicken Sandwich  
Trimnings  
Chef Salad  
Cheesy Broccoli  
Raw Veggies with Dip  
Fresh Bananas  
Fresh Oranges  
Whole Wheat Garlic Toast  
Mayonnaise  
Mustard  
Chocolate Milk  
Fat Free Milk

## Friday

3

Sausage Pizza  
Fruit and Yogurt Plate  
Chicken Patty Sandwich  
Spicy Fries  
Steamed Carrots  
Fresh Fruit Bowl  
Assorted Fruit Juices  
Fat Free Milk  
Chocolate Milk

13

Corn Dog  
Chicken Salad w/Crackers  
Ham and Turkey  
Sandwich  
Tomatoes & Carrots w/Dip  
Tex Mex Style Beans  
Pear and Kiwi Medley  
Assorted Fruit Juices  
Chocolate Milk  
Fat Free Milk

14

Bacon Cheese Burger  
Managers Choice Salad  
Tuna Salad on  
Croissant Bun  
Glazed Carrots  
Seasoned Green Beans  
Chilled Peaches  
Fresh Fruit Bowl  
Cornbread  
Chocolate Milk  
Fat Free Milk

15

Chicken Wings, Bufalo Sc M33  
00  
Fish Sandwich  
Chef Salad  
Baked Ranch Fries  
Tossed Salad w/ Dressing  
Fruit Slushes  
Banana Berry Blend  
Whole Wheat Roll  
Ranch Dressing  
Chocolate Milk  
Fat Free Milk

16

Mexican Pizza  
Cheeseburger  
Spanish Rice  
Broccoli Salad  
Krinkle Cut  
Sweet Potatoes  
Fresh Apples  
Flavored Raisins  
Graham Crackers  
Chocolate Milk  
Fat Free Milk

17

Hamburger Steak w/ Gravy  
Spicy Chicken Sand M4157  
Chef Salad  
Carrot/Celery/Cucumber  
w/Dressing  
Mashed Potatoes  
Fresh Fruit Bowl  
Tropical Fruit  
Whole Wheat Roll  
Chocolate Milk  
Fat Free Milk

20

Chicken Noodle Soup M4580  
Saltine Crackers  
Turkey & Cheese on Bun  
Chef Salad  
Vegetable Juice  
Baked Beans  
Flavored Raisins  
Chilled Peach Slices  
Chocolate Milk  
Fat Free Milk

21

Red Beans and Rice  
with Sausage  
Managers Choice Salad  
Hamburger w/ Trimmings  
Whole Kernel Corn  
Marinated Tomato and  
Cucumber Tidbits  
Pineapple Tidbits  
Fresh Fruit Bowl  
Whole Wheat Roll  
Chocolate Milk  
Fat Free Milk

22

Stromboli Supreme M2570  
Grilled Fajita Salad  
Tuna Ranch Wrap  
Steamed Broccoli Florets  
Black-Eyed Peas  
Applesauce in a Bag  
Fruited Gelatin  
Chocolate Milk  
Fat Free Milk

23

Chicken Nachos  
American Sub  
Chef Salad  
Criss Cut Sweet Potatoes  
Cheesy California  
Veggies  
Chilled Peaches  
Fresh Bananas  
Fat Free Milk  
Chocolate Milk

24

27

Pepperoni Pizza Wedge  
Chicken Salad Sandwich  
Fruit & Yogurt Salad U M3615.  
1  
Tossed Salad w/ Dressing  
Black Bean Salad  
Fresh Apples  
Chilled Pear Halves  
Graham Crackers  
Fat Free Milk  
Chocolate Milk

28

Fish Sticks  
Grilled Chicken Sandwich  
Chef Salad  
Tomatoes & Carrots w/Dip  
Baked Ranch Fries M6140  
Fresh Strawberries  
Chilled Mandarin  
Oranges  
Whole Wheat Roll  
Ketchup  
Low Fat Milk  
Chocolate Milk

29

Cheesy Chicken Over/Rice  
Corn Dog Nuggets  
Tuna Salad on  
Croissant Bun  
Southern Mustard Greens  
Field Peas  
Fresh Grapes  
Frozen Fruit Juice Cups  
Mexican Cornbread  
Low Fat Milk  
Chocolate Milk

30

Chili Cheese over Chips  
Grilled Cheese Sandwich  
Grilled Fajita Salad  
California Veggies  
Confetti Coleslaw  
Fresh Fruit Bowl  
Fruit Cocktail  
Oatmeal Raisin Cookie  
Low Fat Milk  
Chocolate Milk

31

Ham and Turkey  
on Bun  
Cheesy Breadsticks  
Chicken Tenders Salad  
Trimnings  
Bake Chips  
Whole Kernel Corn  
Broccoli Salad  
Fresh Bananas  
Fruit Cocktail  
Mayonnaise  
Mustard  
Low Fat Milk  
Chocolate Milk

**GPSD High School Lunch Menu  
Menu Subject to Change**

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