

December 2023

## GW LONG K-8 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Pizza(1 Slice) Corn Romaine Salad(1 Cup w/1 pk dressing) Fruit Milk <i>Alternate: Crispito (2)</i>
<b>4</b> Country Steak w/ Gravy Creamed Potatoes Green Beans Roll Fruit Milk <i>Alternate: Chicken Sandwich</i>	<b>5</b> Sweet & Sour Chicken Fried Rice English Peas Stir Fry Vegetables Fruit Milk <i>Alternate: Grilled Cheese Sandwich</i>	<b>6</b> Chicken Sandwich Macaroni & Cheese Turnip Greens Black-Eyed Peas Fruit Milk <i>Alternate: Corn Dog/ Corn Dog Bites</i>	<b>7</b> Cheeseburger Nuggets(8) Corn Romaine Salad(1 Cup w/1 pk dressing) Roll Fruit Milk <i>Alternate: Pizza</i>	<b>8</b> Hot Wings Carrots w/ Ranch (1 dressing pk) French Fries Breadstick Fruit Milk <i>Alternate: Quesadilla</i>
<b>11</b> Hot Dog Baked Beans Baby Lima Beans Fruit Milk <i>Alternate: Hot Ham &amp; Cheese Sandwich</i>	<b>12</b> Salisbury Steak w/ Gravy Creamed Potatoes Carrots Roll Fruit Milk <i>Alternate: Pizza/Pizza Crunchers</i>	<b>13</b> Beef Nachos on Chips(20 Chips) Pinto Beans Romaine Salad w/ Ranch Dressing pk. Salsa Fruit Milk <i>Alternate: Hot Dog</i>	<b>14</b> BBQ Pork on Bun Baked Potato with Fixings Margarine(1) Broccoli w/Cheese Fruit Milk <i>Alternate: Crispito(2)</i>	<b>15</b> 1/2 Day Sack Lunch
<b>18</b> CHRISTMAS BREAK	<b>19</b> CHRISTMAS BREAK	<b>20</b> CHRISTMAS BREAK	<b>21</b> CHRISTMAS BREAK	<b>22</b> CHRISTMAS BREAK
<b>25</b> CHRISTMAS BREAK	<b>26</b> CHRISTMAS BREAK	<b>27</b> CHRISTMAS BREAK	<b>28</b> CHRISTMAS BREAK	<b>29</b> CHRISTMAS BREAK

**MERRY CHRISTMAS!!!!**

*Menu may change based on availability*

December 2023

## GW Long High School 9-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Pizza(1 Slice) Corn French Fries Romaine Salad(1 Cup w/1 pk dressing Pudding Cup Fruit Milk <i><b>Alternate: Crispito(2)</b></i>
<b>4</b> Country Steak w/ gravy Creamed Potatoes Green Beans Roll Fruit Milk <i><b>Alternate: Chicken                      Sandwich</b></i>	<b>5</b> Sweet & Sour Chicken Fried Rice English Peas Stir Fry Vegetables Fruit Milk <i><b>Alternate: Grilled                      Cheese Sandwich</b></i>	<b>6</b> Breaded Chicken Sandwich Macaroni & Cheese Turnip Greens Black-Eyed Peas Lettuce & Tomato Fruit Milk <i><b>Alternate: Corn Dog/                      Corn Dog Bites</b></i>	<b>7</b> Cheeseburger Nuggets(8) Corn Sweet Potato Fries Romaine Salad(1Cup w/1pk dressing) Roll Fruit Milk <i><b>Alternate: Pizza</b></i>	<b>8</b> Hot Wings(3) Carrots w/ Ranch(1pk) Celery Sticks French Fries Breadstick Fruit Milk <i><b>Alternate: Quesadilla</b></i>
<b>11</b> Hot Dog Sweet Potato Baked Beans Green Beans Fruit Milk <i><b>Alternate: Hot Ham &amp;                      Cheese Sandwich</b></i>	<b>12</b> Salisbury Steak w Gravy Rice Carrots Roll Fruit Milk <i><b>Alternate: Pizza/Pizza                      Crunchers</b></i>	<b>13</b> Beef Nachos on Chips(20 Chips) Pinto Beans Romaine Salad w Ranch Dressing (1 cup w/1 pk) Salsa Fruit Milk <i><b>Alternate: Hot Dog</b></i>	<b>14</b> BBQ Pork Sandwich w Bun Baked Potato (½ Cup) w Fixings Broccoli w/Cheese Fruit Milk <i><b>Alternate: Crispito(2)</b></i>	<b>15</b> <span style="color: red;"><b>1/2 Day</b></span> Sack Lunch
<b>18</b> <span style="color: red;"><b>CHRISTMAS                      BREAK</b></span>	<b>19</b> <span style="color: green;"><b>CHRISTMAS                      BREAK</b></span>	<b>20</b> <span style="color: red;"><b>CHRISTMAS                      BREAK</b></span>	<b>21</b> <span style="color: green;"><b>CHRISTMAS                      BREAK</b></span>	<b>22</b> <span style="color: red;"><b>CHRISTMAS                      BREAK</b></span>
<b>25</b> <span style="color: green;"><b>CHRISTMAS                      BREAK</b></span>	<b>26</b> <span style="color: red;"><b>CHRISTMAS                      BREAK</b></span>	<b>27</b> <span style="color: green;"><b>CHRISTMAS                      BREAK</b></span>	<b>28</b> <span style="color: red;"><b>CHRISTMAS                      BREAK</b></span>	<b>29</b> <span style="color: green;"><b>CHRISTMAS                      BREAK</b></span>

MERRY CHRISTMAS!!!!

Menu may change based on availability

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Sausage Biscuit Fruit(1 Cup) Milk
<b>4</b> Dry Cereal (1oz) Graham Snacks Fruit (1 Cup) Milk	<b>5</b> Muffin Fruit Juice Fruit(½ cup) Milk	<b>6</b> Mini Waffles Fruit Juice Fruit (½ Cup) Milk	<b>7</b> Breakfast/Cereal Bar Fruit Juice Fruit (½ Cup) Milk	<b>8</b> Egg & Cheese Sandwich Fruit(1 Cup) Milk
<b>11</b> Dry Cereal(1oz) Graham Snacks Fruit(1 Cup) Milk	<b>12</b> Breakfast Pizza Fruit Juice Fruit(½ Cup) Milk	<b>13</b> Cini-Mini Bun Fruit Juice Fruit(½ Cup) Milk	<b>14</b> Pop Tart Graham Snacks Fruit Juice Fruit(½ Cup) Milk	<b>15</b> Sausage Biscuit Fruit(1 Cup) Milk
<b>18</b> <b>CHRISTMAS                      BREAK</b>	<b>19</b> <b>CHRISTMAS                      BREAK</b>	<b>20</b> <b>CHRISTMAS                      BREAK</b>	<b>21</b> <b>CHRISTMAS                      BREAK</b>	<b>22</b> <b>CHRISTMAS                      BREAK</b>
<b>25</b> <b>CHRISTMAS                      BREAK</b>	<b>26</b> <b>CHRISTMAS                      BREAK</b>	<b>27</b> <b>CHRISTMAS                      BREAK</b>	<b>28</b> <b>CHRISTMAS                      BREAK</b>	<b>29</b> <b>CHRISTMAS                      BREAK</b>

**MERRY CHRISTMAS!!!!**

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# Carb Count Estimates

December 2023

## 9-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk, white = 12g            Milk, choc = 22g            Ranch, sm pk = 2 g            Fruit, ½ c = approx. 15g            High school may have 1 c fruit            All are estimates  <u>Always check labels as available</u></p>				
<p><b>4</b>            Country Steak w/            gravy 17            Creamed Potatoes 5            Green Beans 5            Roll 13            Fruit            Milk  <b>Alternate: Chicken            Sandwich 43</b></p>	<p><b>5</b> 6=21g            Sweet &amp; Sour Chicken            Fried Rice 22            English Peas 20            Stir Fry Vegetables 5            Fruit            Milk  <b>Alternate: Grilled            Cheese Sandwich 26</b></p>	<p><b>6</b>            Breaded Chicken            Sandwich 43            Macaroni &amp; Cheese 15            Turnip Greens 5            Black-Eyed Peas 21            Lettuce &amp; Tomato 5            Fruit            Milk  <b>Alternate: Corn Dog/            Corn Dog Bites 35</b></p>	<p><b>7</b>            Cheeseburger            Nuggets(8) 16g            Corn 20            Sweet Potato Fries 27            Romaine Salad(1Cup            w/1pk dressing) 5+            Roll 13            Fruit            Milk  <b>Alternate: Pizza 35</b></p>	<p><b>1</b>            Pizza(1 Slice) 35            Corn 20            French Fries 19            Romaine Salad(1 Cup            w/1 pk dressing) 5+            Pudding Cup 25            Fruit            Milk  <b>Alternate: Crispito(2)</b></p>
<p><b>11</b>            Hot Dog 27            Sweet Potato 27            Baked Beans 25            Green Beans 5            Fruit            Milk  <b>Alternate: Hot Ham &amp;            Cheese Sandwich 26</b></p>	<p><b>12</b>            Salisbury Steak w            Gravy 3            Rice 44            Carrots 5            Roll 13            Fruit            Milk  <b>Alternate: Pizza/Pizza            Crunchers 35</b></p>	<p><b>13</b>            Beef Nachos on            Chips(20 Chips) 19            Pinto Beans 19            Romaine Salad w Ranch 5+            Dressing (1 cup w/1 pk)            Salsa 5            Fruit            Milk  <b>Alternate: Hot Dog 27</b></p>	<p><b>14</b>            BBQ Pork Sandwich w            Bun 37            Baked Potato (½ Cup) w            Fixings whole 42            Broccoli w/Cheese 5            Fruit            Milk  <b>Alternate: Crispito(2)            2 = 46</b></p>	<p><b>15</b>            1/2Day            Sack Lunch</p>
<p><b>18</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>19</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>20</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>21</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>22</b>  <b>CHRISTMAS            BREAK</b></p>
<p><b>25</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>26</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>27</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>28</b>  <b>CHRISTMAS            BREAK</b></p>	<p><b>29</b>  <b>CHRISTMAS            BREAK</b></p>

**MERRY CHRISTMAS!!!!**

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Sack Lunch w/meat leg  
 PB&J = 32g