



# GILMER COUNTY BREAKFAST/LUNCH

September 24 – November 2, 2018

Milk and fresh fruit are offered with every meal. A variety of cereal and juice are offered with every breakfast. At GCHS only students have the option of Grab-N-Go and Salad Bar.

*“This institution is an equal opportunity provider.”*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 24 ( <b>Sausage Biscuit</b> ) Pepperoni Roll Macaroni & Cheese Romaine/Tomato Mix Steamed Carrots Canned Fruit	25 ( <b>Super Donut</b> ) Taco Salad w/Salsa WG Corn Tortilla Chips Refried Beans Corn Canned Fruit	26 <b>Variety Breakfast Loaf</b> Crispy Chicken Mashed Potatoes w/Gravy Green Pepper Strips w/Ranch WW Roll Fresh Fruit	27 ( <b>Bagel</b> ) Meatball Sub w/Mozz. Potato Wedges Fresh Broccoli Fresh Fruit Choc. Chip Cookie (9-12)	28 ( <b>Poptart</b> ) Sausage Gravy & Biscuit Hash brown Scrambled Eggs Applesauce Fresh Fruit
Grab-N-Go: Egg Roll	Grab-N-Go: Steak Hoagie	Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza
Oct. 1 ( <b>Cereal w/Yogurt</b> ) Pepperoni/Cheese Stromboli w/Sauce Garden Salad Fresh Carrots Fresh Fruit	2 ( <b>Maple Pancake Minis</b> ) Cheeseburger w/Bun RomaineLettuce/Tom. Potato Wedges Rice Krispy Bar Canned Fruit	3 ( <b>Chicken Biscuit</b> ) Pepperoni Pizza Caesar Salad Garlic Bread Stick w/Marinara Sauce Sherbet Fresh Fruit	4 ( <b>Granola Bar</b> ) Chicken Patty Sdw. Romaine Lettuce/Tom. French Fries Baked Beans Fresh Fruit Sugar Cookie	5 ( <b>French Toast Minis</b> ) Chicken Alfredo Garden Salad w/Romaine Broccoli w/Parmesan Bread Stick Fresh Fruit
Grab-N-Go: Sloppy Joe	Grab-N-Go: Meatball Sub	Grab-N-Go: Club Sdw.	Grab-N-Go: Steak Hoagie	Grab-N-Go: Pizza
8 ( <b>Cinnamon Roll</b> ) Salisbury Steak Mashed Potatoes w/Gravy Green Beans WW Roll Fresh Fruit	9 ( <b>Sausage Dog</b> ) Chicken Fries Crispy Curly Fries Honey Carrot Coins Frozen Fruit Slushie Canned Fruit	10 ( <b>Breakfast Pizza</b> ) Corn Dog Macaroni and Cheese Baked Beans Fresh Fruit Peanut Butter No Bake Cookie	11 ( <b>Cereal Bar</b> ) Turkey & Cheese Sdw. Romaine Lettuce/Tom. Oven Fries Fresh Fruit Graham Snacks (9-12)	12 <b>Sausage, Egg, &amp; Cheese Bisc</b> Chicken Philly Sub Tator Tots Applesauce Fruit Grain Bar (9-12) Apple Wedges
Grab-N-Go: Pizza	Grab-N-Go: BBQ Sdw/	Grab-N-Go: Roast Beef Sdw.	Grab-N-Go: Chicken Sandwich	Grab-N-Go: Cheeseburger
15 ( <b>Chicken Biscuit</b> ) Chicken Teriyaki Lo Mein Noodles Steamed Broccoli Egg Roll Fortune Cookie Fresh Fruit	16 ( <b>Apple Danish</b> ) Pepperoni Roll String Cheese Romaine/Tomato Mix Steamed Carrots Canned Fruit	17 ( <b>Sausage Biscuit</b> ) Chicken Drumsticks Red Roasted Potatoes Corn WW Roll Fresh Fruit	18 ( <b>Blueberry Muffin</b> ) Spaghetti w/Meat Sauce Garden Salad Green Beans French Garlic Bd. Fresh Fruit	19 ( <b>Poptart</b> ) Taco Salad w/Salsa WG Corn Tortilla Chips Refried Beans Cinnamon Roll Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Chicken Sandwich	Grab-N-Go: Steak Hoagie
22 ( <b>Super Donut</b> ) Meatloaf Scalloped Potatoes Caesar Salad Pinto Beans Canned Fruit	23 ( <b>Cinnamon Roll</b> ) Chicken Nuggets Mashed Potatoes Corn WW Roll Fresh Fruit	24 ( <b>Yogurt Parfait</b> ) Pizza Garden Salad Lima Beans Canned Fruit Frozen Fruit Slushie	25 ( <b>Bagel</b> ) Fish Nuggets Macaroni & Cheese Seasoned Peas Fresh Baby Carrots WW Bread Fresh Fruit	26 ( <b>Pancakes</b> ) Cheeseburger w/Bun Romaine Lettuce/Tom. Sweet Potato Fries Rice Crispy Bar Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Steak Hoagie	Grab-N-Go: Club Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich
29 ( <b>Cereal Bar</b> ) Salisbury Steak Mashed Potatoes w/Gravy Green Beans WW Roll Fresh Fruit	30 ( <b>Breakfast Pizza</b> ) Pig N Blanket Potato Wedges Broccoli w/Cheese Apple Canned Fruit	31 ( <b>Biscuit &amp; Gravy</b> ) Lasagna Garden Salad WG French Garlic Bread Fresh Fruit Carrot Sticks	Nov. 1 ( <b>Breakfast Wrap</b> ) Chicken Wings French Fries Baked Beans Fresh Fruit	2 ( <b>Sausage Dog</b> ) Tomato Soup w/Crackers Grilled Cheese Sdw. Red/Orange Pepper Strips Cheese Stick Canned Fruit
Grab-N-Go: Pizza	Grab-N-Go: Cheeseburger	Grab-N-Go: Chicken Sdw.	Grab-N-Go: Club Sandwich	Grab-N-Go: Pizza

