

GILMER COUNTY BREAKFAST/LUNCH

November 5 – December 14, 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."

Crispy Chicken Hordog w/Sauce Sausage Gravy & Biscuit Hash brown Scrambled Eggs Protein Freit Hordog w/Sauce Protein Wedges Protein Wedges Protein Wedges Protein Wedges Protein Freit Hordog w/Sauce Protein Wedges Protein Wedges Protein Wedges Protein Freit Hordog w/Sauce Protein Wedges Protein Wedges Protein Freit Hordog w/Sauce Protein Wedges Protein Freit Hordog w/Sauce Protein Wedges Protein Freish Fruit Choc. Chip Cookie (9-12) Protein Freish Freit Protein Fre	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School No School Mashed Potatoes wGravy Green Pepper Strips w/Ranch WW Roll Fresh Fruit F	Nov. 5	6	7 Variety Breakfast Loaf	8 (Bagel)	9 (Poptart)
No School No School Mashed Potatoes wGravy Green Pepper Strips w/Ranch WW Roll Fresh Fruit F	Out of Calendar Day	Election Day	Crispy Chicken		Sausage Gravy & Biscuit
w/Ranch W/W Roll Fresh Fruit Presh Pruit P	No School	No School			Hash brown
w/Ranch W/W Roll Fresh Fruit 12 13(Maple Pancake Mini) Holiday No School 12 13(Maple Pancake Mini) Holiday No School 14 14 (Chicken Biscuit) RomaineLettuce/Tom. Potato Wedges Rice Krispy Bar Canned Fruit 15 16(Grab-N-Go: Firsh Sandwich Presh Fruit 15 16(Granola Bar) Tokees Burger wish Brococli w/Parmesan Bread Stick W/W Roll Fresh Fruit 16 17 18 19 10 tot of Calendar Day No School 20 10 tot of Calendar Day No School 21 20 tot of Calendar Day No School 22 10 tot of Calendar Day No School 23 16 24 25 26 26 (Chicken Biscuit) Chicken Biscuit) Chicken Drumsticks Read Roasted Potatoes String Cheese Str				Fresh Broccoli	Scrambled Eggs
WW Roll Fresh Fruit Choc. Chip Cookie (9-12) Fresh Fruit Grab-N-Go: Pizza Gra				Fresh Fruit	
Carab-N-Go: Pizza Carab-N-Go: Pizza Carab-N-Go: Pizza 15 (Granola Bar) 16 (French Toast Minis) 16 (Checken Biscuti) 15 (Granola Bar) 16 (French Toast Minis) 16 (French Toast Minis) 16 (French Toast Minis) 16 (French Toast Minis) 17 (Checken Alfredo Caresar Salad Caresar Salad Caresar Salad Carned Fruit 18 (French Toast Minis) 18 (French Fruit 18 (French Toast Minis) 18 (French Fruit Minis) 18 (French Toast Minis) 18 (French Fruit Minis)				Choc. Chip Cookie (9-12)	Fresh Fruit
13 (Maple Pancake Mini) Cheese burger w/Bun Pepperoni Pizza Casar Salad Garden Salad w/Romaine Lettuce/Tom. Potato Wedges Rice Krispy Bar Canned Fruit Pepperoni Pizza Grab-N-Go: Fish Sandwich Pepperoni Pizza Grab-N-Go: Fish Sandwich Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Fresh Fruit Canned Fruit Carrot Sticks Grab-N-Go: Chicken Salad w/Romaine Grab-N-Go: Steak Hoagie Canned Fruit Carrot Sticks Canned Fruit Canned Fruit Carrot Sticks Canned Fruit Canned Fruit Carrot Sticks Canned Fruit Ca				Grab N. Gor. Fish Sandwich	Grob N. Go: Pizza
Cheeseburger w/Bun RomaineLettuce/Tom. Poptorou Pizza Caesar Salad Garlic Bread Stick w/Marinara Sauce Sherber Fresh Fruit Lec Cream Lec	12	13(Manla Pancaka Mini)			
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Fresh Fruit Grab-N-Go: Meatball Sub Grab-N-Go: Club Sdw. Grab-N-Go: Steak Hoagie Grab-N-Go: Pizza					
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20		Grab-N-Go: Meatball Sub	Grab-N-Go: Club Sdw.		Grab-N-Go: Pizza
Out of Calendar Day No School	19				23
No School No S					
26 (Chicken Biscuit) Chicken Teriyaki Pepperoni Roll Chicken Teriyaki Pepperoni Roll String Cheese String Cheese Red Roasted Potatoes Corn Romaine/Tomato Mix Steamed Broccoli Cookie Canned Fruit Grab-N-Go: Pizza Grab-N-Go: Pizza Corn Corn Chicken Nuggets Curly Fries Corn Coasar Salad Curly Fries Corn Coarned Fruit Coaned F	· ·	_			•
Chicken Teriyaki Vegetable Rice Steamed Broccoli Egg Roll Cookie Fresh Fruit Grab-N-Go: Pizza Meatloaf Mashed Potatoes WW Roll Corn Meatloaf Mashed Potatoes WG Corn Tortilla Chips Refried Beans Cinnamon Roll Canned Fruit Canned Fruit Fresh Fruit Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Corn Lima Beans Canned Fruit Fresh Fruit Fresh Baby Carrots WW Bread Canned Fruit Fresh Fruit Canned Fruit Fresh Fruit Grab-N-Go: Steak Hoagie Morgary Canned Fruit Grab-N-Go: Steak Hoagie Morgary Canned Fruit Grab-N-Go: Steak Hoagie Morgary Salisbury Steak Mashed Potatoes Morgary Mashed Potatoes Morgary Salisbury Steak Mashed Potatoes Morgary Brocoli wiCheese Morgar	26 (Chicken Biscuit)	27 (Apple Danish)	28 (Sausage Risquit)	29 (Blueberry Muffin)	30 (Pontart)
String Cheese Red Roasted Potatoes Garden Salad Green Beans Refried					The state of the s
Romaine/Tomato Mix Steamed Broccoli Egg Roll Cookie 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 Grab-N-Go: Pizza Grab-N-Go: Chicken Sandwich Grab-N-Go: Chicken Sandwich Grab-N-Go: Steak Hoagie Fish Sandwich Grab-N-Go: Steak Hoagie Grab-N-Go: Pizza Fish Sandwich Macaroni & Cheese Romaine Lettuce/Tom. Sweet Potato Fries Grab-N-Go: Pizza Grab-N-Go: Pizza Fresh Baby Carrots WW Bread Canned Fruit Fresh Fruit Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-G					
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Fresh Fruit Grab-N-Go: Pizza Grab-N-Go: Fish Sandwich Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Chicken Sandwich Grab-N-Go: Steak Hoagie 7 (Pancakes) Chicken Nuggets Chicken Nuggets Chicken Nuggets Curly Fries Garden Salad Macaroni & Cheese Romaine Lettuce/Tom. Seasoned Peas Grab-N-Go: Steak Hoagie Fresh Baby Carrots WW Roll Canned Fruit Grab-N-Go: Pizza Fresh Fruit Grab-N-Go: Club Sandwich Fresh Fruit Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza I1 (Breakfast Pizza) Pig N Blanket Potato Wedges Graden Salad Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Tomato Soup w/Crackers Graled Cheese Sdw. French Fries Baked Beans Green Beans Apple Grand-Roi: Pizza Fresh Fruit Carrot Sticks Grande Fruit Canned Fruit					
Grab-N-Go: Pizza Grab-N-Go: Fish Sandwich Grab-N-Go: Meatloaf Meatloaf Mashed Potatoes M		Cumica I fuit	Tresh Truit	1 Testi 1 Tult	Camica Fruit
A (Cinnamon Roll)		Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Chicken Sandwich	Grab-N-Go: Steak Hoagie
Mashed Potatoes W/Gravy Corn Lima Beans Caesar Salad WW Roll Fresh Fruit Canned Fruit	3 (Super Donut)		5 (Yogurt Parfait)		
Canned Fruit	Meatloaf	Chicken Nuggets	Pizza	Fish Sandwich	Cheeseburger w/Bun
Caesar Salad Pinto Beans Presh Fruit Prozen Fruit Slushie Prozen Fruit Slushie Prozen Fruit Slushie Presh Baby Carrots WW Bread Fresh Fruit Presh Fruit Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza 10 (Cereal Bar) Salisbury Steak Mashed Potatoes Mashed Potatoes W/Gravy Broccoli w/Cheese W/Gravy Broccoli w/Cheese WG French Garlic Bread WW Roll Canned Fruit Fresh Baby Carrots WW Bread Canned Fruit Fresh Fruit Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza 12 (Biscuit & Gravy) 13 (Breakfast Wrap) Tomato Soup w/Crackers Grilled Cheese Sdw. French Fries Baked Beans French Fries Baked Beans Fresh Fruit Carrot Sticks Fresh Fruit Carrot Sticks Fresh Fruit	Mashed Potatoes	Curly Fries	Garden Salad	Macaroni & Cheese	Romaine Lettuce/Tom.
Pinto Beans Canned Fruit Fresh Fruit Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza 11 (Breakfast Pizza) Pig N Blanket Potato Wedges Mashed Potatoes WG French Garlic Bread WG French Garlic Bread Apple Fresh Fruit Carrot Sticks Fresh Fruit Canned Fruit	w/Gravy	Corn	Lima Beans	Seasoned Peas	
Canned Fruit Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza 10 (Cereal Bar) Salisbury Steak Pig N Blanket Potato Wedges WGravy Broccoli w/Cheese WG French Garlic Bread Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza 13 (Breakfast Wrap) Tomato Soup w/Crackers Grilled Cheese Sdw. French Fries Baked Beans Fresh Fruit Carrot Sticks Fresh Fruit Canned Fruit Fresh Fruit					
Grab-N-Go: Pizza Grab-N-Go: Steak Hoagie Grab-N-Go: Club Sandwich Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pizza Grab-N-Go: Pepperoni Roll Grab-N-Go: Pizza Grab-N-Go: Grab-N	Pinto Beans	Fresh Fruit	Frozen Fruit Slushie		Canned Fruit
10 (Cereal Bar) Salisbury Steak Mashed Potatoes W/Gravy Broccoli w/Cheese WW Roll Fresh Fruit 11 (Breakfast Pizza) Pig N Blanket Pig N Blanket Potato Wedges Broccoli w/Cheese Apple Carrot Sticks 12 (Biscuit & Gravy) Lasagna Garden Salad Garden Salad WG French Garlic Bread Fresh Fruit Carrot Sticks 13 (Breakfast Wrap) Tomato Soup w/Crackers Grilled Cheese Sdw. Red/Orange Pepper Strips Baked Beans Fresh Fruit Fresh Fruit Carrot Sticks 14 (Sausage Dog) Chicken Wings French Fries Baked Beans Fresh Fruit	Canned Fruit				
Salisbury Steak Mashed Potatoes Mashed Potatoes W/Gravy Broccoli w/Cheese WW Roll Fresh Fruit Pig N Blanket Carrot Sticks Lasagna Garden Salad Garden Salad WG French Garlic Bread Fresh Fruit Carrot Sticks Tomato Soup w/Crackers Grilled Cheese Sdw. Red/Orange Pepper Strips Cheese Stick Fresh Fruit Canned Fruit Canned Fruit	Grab-N-Go: Pizza				1
Mashed Potatoes W/Gravy Broccoli w/Cheese WG French Garlic Bread WW Roll Fresh Fruit Carrot Sticks Grilled Cheese Sdw. Red/Orange Pepper Strips Cheese Stick Canned Fruit Fresh Fruit Carrot Sticks Grilled Cheese Sdw. Red/Orange Pepper Strips Cheese Stick Canned Fruit Fresh Fruit		The second secon	- · · · · · · · · · · · · · · · · · · ·		
W/Gravy Broccoli w/Cheese Apple WM Roll Fresh Fruit Carrot Sticks Red/Orange Pepper Strips Cheese Stick Canned Fruit Carrot Sticks Red/Orange Pepper Strips Cheese Stick Fresh Fruit Canned Fruit	•	_	_		· ·
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