



GILMER COUNTY BREAKFAST/LUNCH

August 14 – September 20, 2019

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
		Aug. 14 (Super Donut) Taco Salad w/Salsa WG Corn Tortilla Chips Refried Beans Cinnamon Roll Canned Fruit	Aug. 15 (Bagel) Meatball Sub w/Mozz. Potato Wedges Fresh Broccoli Fresh Fruit Choc. Chip Cookie (9-12)	16 (Poptart) Sausage Gravy & Biscuit Hash brown Scrambled Eggs Applesauce Fresh Fruit
		Grab-N-Go: Pizza	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza
19 (Cereal w/Yogurt) Pepperoni/Cheese Stromboli w/Sauce Garden Salad Fresh Carrots Fresh Fruit	20 (Banana Bread) Cheeseburger w/Bun RomaineLettuce/Tom. Potato Wedges Rice Krispy Bar Canned Fruit	21 (Chicken Biscuit) Pepperoni Pizza Caesar Salad Garlic Bread Stick w/Marinara Sauce Sherbet Fresh Fruit	22 (Granola Bar) Chicken Patty Sdw. Romaine Lettuce/Tom. French Fries Baked Beans Fresh Fruit Sugar Cookie	23 (French Toast Minis) 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
26 (Cinnamon Roll) Salisbury Steak Mashed Potatoes w/Gravy Green Beans WW Roll Fresh Fruit	27 (Sausage Dog) Chicken Fries Crispy Curly Fries Honey Carrot Coins Frozen Fruit Slushie Canned Fruit	28 (Breakfast Pizza) Corn Dog Macaroni and Cheese Baked Beans Fresh Fruit Peanut Butter No Bake Cookie	29 (Cereal Bar) Turkey & Cheese Sdw. Romaine Lettuce/Tom. Oven Fries Fresh Fruit Graham Snacks (9-12)	30 Sausage, Egg, & Cheese Bisc 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
Sept. 2 Holiday – No School	3 (Apple Danish) Pepperoni Roll String Cheese Romaine/Tomato Mix Steamed Carrots Canned Fruit	4 (Sausage Biscuit) Chicken Drumsticks Red Roasted Potatoes Corn WW Roll Fresh Fruit	5 (Blueberry Muffin) Spaghetti w/Meat Sauce Garden Salad Green Beans French Garlic Bd. Fresh Fruit	6 (Poptart) Taco Salad w/Salsa WG Corn Tortilla Chips Refried Beans Cinnamon Roll Canned Fruit
	Grab-N-Go: Fish Sandwich	Grab-N-Go: Pizza	Grab-N-Go: Chicken Sandwich	Grab-N-Go: Steak Hoagie
9 (Super Donut) Meatloaf Scalloped Potatoes Caesar Salad Pinto Beans Canned Fruit	10 (Cinnamon Roll) Chicken Nuggets Mashed Potatoes Corn WW Roll Fresh Fruit	11 (Yogurt Parfait) Pizza Garden Salad Lima Beans Canned Fruit Frozen Fruit Slushie	12 (Bagel) Fish Nuggets Macaroni & Cheese Seasoned Peas Fresh Baby Carrots WW Bread Fresh Fruit	13 (Pancakes) 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
16 (Cereal Bar) Salisbury Steak Mashed Potatoes w/Gravy Green Beans WW Roll Fresh Fruit	17 (Breakfast Pizza) Pig N Blanket Potato Wedges Broccoli w/Cheese Apple Canned Fruit	18 (Biscuit & Gravy) Lasagna Garden Salad WG French Garlic Bread Fresh Fruit Carrot Sticks	19 (Breakfast Wrap) Chicken Wings French Fries Baked Beans Fresh Fruit	20 (Sausage Dog) 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