

GBCS Lunch Menu

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Fresh Apple	2 Chicken Tamale w/ Spanish Brown Rice Refried Beans Fresh Banana	3 French Bread Cheese Pizzav Fresh Baby Carrots w/ Ranch Dressing Cranberries
6 No School	7 No School	8 BBQ Chicken over Brown Rice Baked Beans Fresh Apple	9 Stuffed Cheese Sticks Marinara Sauce 100% Sun Splash Veg Juice Fresh Banana	10 Cheese Pizzav Garden Salad w/ Ranch Dressing Cranberries
13 Egg & Cheese Sandwich on English Muffin Roasted Potatoes Fresh Orange	14 Fajita Chicken over Brown Rice Black Beans & Tomatoes Fresh Pear	15 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fresh Apple	16 Cheese Raviolis w/ Tomato Sauce Green Beans Or Cobb Salad w/ Romaine Lettuce Pita Bread Fresh Banana	17 French Bread Cheese Pizzav Fresh Baby Carrots Cranberries
20 BBQ Beef Meatballs WW Club Roll Steamed Broccoli Fresh Orange	21 Turkey Hot Dog on WW Bun Baked Beans Fresh Pear	22 Chicken Tenders Roasted Potatoes Fresh Apple	23 Cheese Lasagnav w/ Tomato Sauce Green Beans Or Chicken Caesar Salad w/ Romaine Lettuce Pita Bread Fresh Banana	24 Cheese Pizzav Fresh Baby Carrots w/ Ranch Dressing Cranberries
27 Chicken Nuggets Baked Beans Fresh Orange	28 Macaroni & Cheese Steamed Broccoli Fresh Pear	29 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Fresh Apple	30 French Toast Sticks w/ Eggs Roasted Sweet Potatoes Fresh Banana	31 French Bread Cheese Pizzav Fresh Baby Carrots w/ Ranch Dressing Cranberries

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk
Skim Chocolate Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "V"

