



# November Lunch 2018

# GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 COLD CUT SANDWICH CELERY & CUCUMBERS FRUIT	2 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT
5 CRISPY CHICKEN SANDWICH GREEN LEAF & CORN FRUIT	6 STEAK QUESADILLA BEANS LETTUCE & TOMATO FRUIT	7 BAKED MARINARA BEEF ZITI CELERY & CARROTS FRUIT	8 CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY GREEN BEANS FRUIT	9 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT
12 	13 BEAN & CHEESE NACHOS LETTUCE & TOMATO CUCUMBERS FRUIT	14 SPAGHETTI W/ MEATSAUCE CORN & CARROTS FRUIT	15 CHEESEBURGER GREEN LEAF & PICKLES FRUIT	16 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT
19 CRISPY CHICKEN TENDERS W/ MAC N CHEESE CORN & CELERY FRUIT	20  THANKSGIVING DINNER PLATE	21 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	22 	23
26 CORN DOG PASTA SALAD W/ HAM CORN & CARROTS FRUIT	27 STEAMED RICE WITH CHICKEN & VEGGIES GARBANZOS & CELERY FRUIT	28 CHICKEN ALFREDO PASTA CARROTS & CUCUMBERS FRUIT	29 BACON & TURKEY SANDWICH CELERY & CUCUMBERS FRUIT	30 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT





Alternative fruit,  
Fat Free & 1% Milk  
Offered Daily



"Eat a variety of foods from the 5 food groups everyday, this will give your body the energy, vitamins, and minerals it needs"

*Menu is subject to change due to product availability*  
"This institution is an equal opportunity provider and employer"

# November Breakfast 2018 GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CINNAMON ROLL FRUIT	2 LARGE MUFFIN FRUIT
5 CEREAL BOWL GRAHAM CRACKERS FRUIT	6 POPTART YOGURT FRUIT	7 SAUSAGE & CHEESE BISCUIT FRUIT	8 BAGEL & CREAM CHEESE FRUIT	9 MINI MUFFINS FRUIT
12 	13 MINI BAGELS FRUIT	14 PIZZA BAGEL FRUIT	15 BANANA BREAD FRUIT	16 LARGE MUFFIN FRUIT
19 CEREAL BOWL TOAST FRUIT	20 POPTART YOGURT FRUIT	21 WAFFLES FRUIT	22 	23
26 CEREAL BOWL GRAHAM CRACKERS FRUIT	27 BANANA BREAD FRUIT	28 PANCAKES FRUIT		



Alternative fruit,  
skim & 1% Milk  
Offered Daily



"Having Breakfast is the Best Way to  
Start the Day and Prolong Your Life!"

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