



January Breakfast 2019 GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
	1  HAPPY NEW YEAR	2	3	4
7 NO SCHOOL	8 POPTART & YOGURT FRUIT	9 PIZZA BAGEL FRUIT	10 BAGEL & CREAM CHEESE FRUIT	11 MINI MUFFINS FRUIT
14 CEREAL BOWL TOAST FRUIT	15 MINI BAGELS FRUIT	16 SAUSAGE BISCUIT FRUIT	17 PANCAKES FRUIT	18 LARGE MUFFIN FRUIT
21  Martin Luther King Day	22 CEREAL BOWL GRAHAM CRACKERS FRUIT	23 WAFFLES FRUIT	24 CINNI MINI FRUIT	25 MINI DONUTS FRUIT
28 CEREAL BOWL GRAHAM CRACKERS FRUIT	29 BANANA BREAD FRUIT	30 FRENCH TOAST FRUIT	31 EGG SANDWICH FRUIT	





Alternative fruit,
skim & 1% Milk
Offered Daily



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

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

Lunch Menu January 2019 GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2	3	4
7 NO SCHOOL	8 BEEF TAQUITOS RICE & BEANS LETTUCE & TOMATOES FRUIT	9 CHICKEN FRIED RICE W/ STIR FRY VEGGIES CARROTS CELERY FRUIT	10 TURKEY & CHEESE SANDWICH CUCUMBERS PICKLES FRUIT	11 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
14 CHICKEN NUGGETS MAC N CHEESE CARROTS CORN FRUIT	15 BEEF & BEAN BURRITO CUCUMBERS SALAD MIX FRUIT	16 SPAGHETTI W/ MEATSAUCE CELERY CUCUMBERS FRUIT	17 CHEESEBURGER PICKLES GREEN LEAF FRUIT	18 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
21 	22 BEAN & CHEESE NACHOS CUCUMBERS SALAD MIX FRUIT	23 BAKED MARINARA BEEF ZITI CARROTS CELERY FRUIT	24 GRILLED HAM & CHEESE MELT CORN CELERY FRUIT	25 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
28 CORN DOG COLD PASTA CELERY CORN FRUIT	29 STEAK QUESADILLA BEANS LETTUCE & TOMATO FRUIT	30 CHICKEN ALFREDO PASTA BROCCOLI CARROTS FRUIT	31 COLD CUT SUB PICKLES CUCUMBERS 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"

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