

March Breakfast 2019 GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 LARGE MUFFIN FRUIT
4 CEREAL BOWL GRAHAM CRACKERS FRUIT	5 POPTART & YOGURT FRUIT	6 PIZZA BAGEL FRUIT	7 BANANA BREAD FRUIT	8 MINI MUFFINS FRUIT
11 CEREAL BOWL TOAST FRUIT	12 MINI BAGELS FRUIT	13 FRENCH TOAST FRUIT	14 PANCAKES FRUIT	15 LARGE MUFFIN FRUIT
18	19	20	21	22
S P R I N G B R E A K				
25 CEREAL BOWL TOAST FRUIT	26 BANANA BREAD FRUIT	27 WAFFLES FRUIT	28 BAGEL & CREAM CHEESE FRUIT	29 LARGE MUFFIN 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 March 2019 GCPHS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
4 CRISPY CHICKEN SANDWICH CORN PICKLES FRUIT	5 BEEF TAQUITOS RICE & BEANS LETTUCE & TOMATOES FRUIT	6 CHICKEN FRIED RICE W/ STIR FRY VEGGIES CARROTS CELERY FRUIT	7 TURKEY SANDWICH CUCUMBERS CELERY FRUIT	8 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
11 CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY CORN FRUIT	12 STEAK QUESADILLA CUCUMBERS SALAD MIX FRUIT	13 BAKED MARINARA BEEF ZITI CARROTS CELERY FRUIT	14 GRILLED BACON & TURKEY SANDWICH PICKLES LETTUCE	15 PEPPERONI PIZZA CARROTS BROCCOLI FRUIT
18	19	20	21	22
S P R I N G B R E A K				
25 CORN DOG COLD PASTA CELERY CORN FRUIT	26 BEAN & CHEESE NACHOS LETTUCE & TOMATO FRUIT	27 CHICKEN ALFREDO PASTA BROCCOLI CARROTS FRUIT	28 COLD CUT SUB PICKLES CELERY FRUIT	29 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"

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