



## GNPS Middle ~ High School Menu SEPTEMBER 2016 ~ 2017

<p>Daily Lunch Purchase                   \$ 2.50          20 Lunch Purchase                    \$ 50.00          Yearly Discounted Lunch (180 lunch credits) \$ 414.00          Free/Reduced Lunch                   No Charge</p> <p>A standard school lunch (\$2.50) includes five components: Hot or Cold Entree, Bread or Grain (may be included in entrée), Fruit, Vegetable &amp; Milk. Students must select a minimum of three items. One item <u>must</u> be a fruit or vegetable serving. The students are encouraged to take both a fruit and a vegetable.</p> <p>If the student does not select 3 items (1 being a fruit or vegetable serving) A la Carte charges will apply.</p> <p>One lunch = 1 lunch credit.</p>	<p><u>Vegetable Selection</u>          -Fresh Salad: Romaine Lettuce, Spinach, Kale, Red Cabbage, Cucumber, Carrot &amp; Grape Tomato w/Low Fat Dressing Daily          - Salsa          -Beets          -Steamed Vegetable of the Day          -Fresh Seasonal Vegetable  <u>Beans/Peas (Legumes) ~Served Cold Daily</u>          - Black Bean          -Garbanzo Beans          -Kidney Bean</p>	<p><u>Grain Selection</u>          -Sliced Whole Wheat Bread/Roll or Croissant          -Whole Wheat Mini Bagel          -Whole Grain Cereal  <u>Fruit Selection MS Choose 1, HS Choose 2</u>          -Fresh Apples &amp; Oranges          -Chilled Canned Fruit of the Day          -100% Fruit Juice (4 oz.)          -Fresh Seasonal Fruit  <u>Milk Selection Choose 1</u>          -1% Unflavored Milk          -Fat Free Unflavored Milk          -Fat Free Chocolate or Strawberry Milk</p>	<p><u>Sandwich Variety</u>          -Cheese          -Chicken Salad          -Egg Salad (T/TH only)          -Peanut Butter &amp; Jelly-Take 2          -Tuna Salad (M/W only)          -Turkey Breast          -Turkey Breast (K)  <u>Alternate Protein</u>          -Egg Salad (Tues/Thurs)          -Hummus Single (K)          -LF Mozzarella Cheese Stick          -Tuna Salad (Mon/Wed)          -Yogurt Cup (K)  <u>Salad Variety</u>          -Fresh Vegetable &amp; Cheese          - Fresh Vegetable &amp; Crispy Chicken          -Fresh Vegetable &amp; Hummus Single(K)          -Fruit &amp; Cheese</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="font-size: 1.2em; color: #8B4513; font-weight: bold; margin-top: 10px;">Meet &amp; Greet at the Flavor Station</p>	<p>Cheese Ravioli            Chicken Nuggets            Cheese Pizza            Salad Lunch            Sandwich Lunch            Green Beans            Mixed Fruit            ** Chicken Nuggets (K)</p>	<p>Turkey Taco            Chicken Fajita            Cheese &amp; Salsa            Black Beans &amp; Corn            Brown Rice            Tortilla Chips or Tortilla            Cheese Pizza            Salad Lunch            Sandwich Lunch            Mandarin Oranges</p>	<p>Chicken Pattie/WG Bun            Spicy Chicken            Brown Rice            Cheese Pizza            Salad Lunch            Sandwich Lunch            Sweet Wedge Potato            Steamed Broccoli            Diced Peaches</p>	<p>Tangerine Chicken            Turkey Chili Bowl            Cheese Pizza            Salad Lunch            Sandwich Lunch            Vegetable Lo Mein            Steamed Carrots            Applesauce</p> <p style="font-size: 1.2em; color: red; font-weight: bold; margin-top: 10px;">Bowled Over</p>	<p>Cheese Quesadilla            WG Alaskan Pollack            Nuggets            Cheese Pizza            Salad Lunch            Sandwich Lunch            Vegetable Fried Rice            Steamed Plantains            Diced Pears            ** Cheese Pizza (K)</p> <p style="font-size: 1.2em; color: green; font-weight: bold; margin-top: 10px;">Chomp A Chip</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE \* ALLERGY ALERT: IT IS NOT SAFE TO TRADE OR SHARE FOOD

<p>A La Carte – offered daily          Turkey Burger/WG Bun ON REQUEST...\$2.10          School Brand Sandwich.....\$2.10          Cheese Pizza.....\$2.10          Yogurt(K).....\$1.00          Cheese Slice.....extra.....\$0.25          Hummus Single (K).....\$1.00          Veggie Burger(K)-ON REQUEST.....\$2.10</p>	<p>**Kosher Offering  <b>Kosher Lunch = \$4.00</b>          Or 1 lunch credit + \$1.50</p> <p>Cheese Pizza(K) FRIDAYS          Chicken Nuggets(K) MONDAYS          Turkey Breast(K) DAILY</p>	<p>WG=Whole Grain          WW=Whole Wheat          RF= Reduced Fat          PS= Part Skim</p>	<p>Milk (8 oz.) or Juice (4 oz.).....\$0.40          RF Ice Cream.....\$1.00          Fresh Baked WG Cookie.....\$0.50          Packaged Snacks.....\$1.00          Jamba Juice Smoothie.....\$2.00          Tropicana.....\$0.85          Bottled Spring Water.....\$0.60-\$1.25</p>
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