



2017-2018 GNPS MIDDLE-HIGH SCHOOL LUNCH MENU

MONDAY

MEAT BALL PARMIGIAN HERO
CHICKEN TENDERS
GREEN BEANS
KOSHER CHICKEN NUGGETS

TUESDAY

TURKEY TACO
CHICKEN FAJITA
CHEESE & SALSA
BLACK BEANS & CORN
BROWN RICE
TORTILLA CHIPS OR TORTILLA

WEDNESDAY

CHICKEN PATTIE/WG BUN
HONEY SRIRACHA CHICKEN
BROWN RICE
SWEET POTATO WEDGE
BROCCOLI

THURSDAY

TANGERINE CHICKEN
TURKEY CHILI BOWL
YOKISABA NOODLE NEST
CARROTS

FRIDAY

CHEESE QUESADILLA
FISH TACO
CHEESE & SALSA
PLAINTAINS
KOSHER CHEESE PIZZA

SALAD LUNCH, CHEESE PIZZA AND SANDWICH LUNCH IS OFFERED EVERYDAY

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

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A school lunch offers 5 components: hot/cold entrée, bread or grain, fruit, vegetable and milk. Students must select a minimum of 3 items and 1 must be a fruit or vegetable. If a student does not take 3 items (1 being a fruit or vegetable) ala carte charges must apply.

A school breakfast offers 4 components: cereal or bagel, milk, fruit/fruit juice and yogurt or cheese stick. Students must select a minimum of 3 items, 1 must be a fruit/fruit juice.

Cost

Breakfast: \$2.00

Lunch: \$3.00

Lunch for a year: \$513.00

Kosher Lunch an additional \$1.60

Snacks \$.50, \$1.00

Bottled Water, \$.60, \$1.25

Milk or 100% Juice \$.40

Vegetable Selection-offered daily

Fresh Salad (romaine, kale, spinach, cabbage, cucumber, beet, carrot, tomato, crispy noodles) w/low fat dressing

Baby Carrots w/dip

Beans/Legumes Selection-cold cupped

Kidney Beans

Garbanzo Beans

Black Beans

Grain

Whole Grain/Wheat Bread/Rolls

Whole Grain Cereal

Whole Grain Mini Bagel

Fruit Selection

Fresh Apple or Oranges

Chilled Cup

Mixed Fruit-Monday

Peaches-Tuesday

Strawberries-Wednesday

Applesauce-Thursday

Pears-Friday

Sandwich Variety

Rainbow Cheese-American & Mozzarella

Turkey Breast or Kosher Turkey Breast

Peanut Butter & Jelly

Chicken Salad

Egg Salad-Tuesday & Thursday

Tuna Salad-Monday & Wednesday

Salad Variety

Crispy Chicken w/Vegetables

Vegetarian w/Hummus or Cheese Sticks

Pasta w/Vegetables & Cheese

MILK

Fat Free Unflavored

Fat Free Chocolate

Fat Free Strawberry

Unflavored 1%

SNACKS

A variety of reduced fat ice cream, baked chips & WG cookies

