

August/September 2017 G-E-T High School Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| GARDEN BAR OFFERED EVERYDAY! MORE FRUITS & VEGGIES! | THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER! | 30 Deli Wrap Sun Chips / Creamy Cukes Or Personal Pizza/Steamed Veggies Veggies/Garden Bar Fruit Choices | 31 Cheese Burger Oven Fries/Baked Beans Or Yang's Orange Chicken Rice/Peas Veggies/Garden Bar Fruit Choices | 1 Nardone Pizza Or Chicken Parmesan Ciabatta Steamed Italian Beans Veggies/Garden Bar Fruit Choices |
| 4 NO SCHOOL | 5 Chicken Tenders Waffle Fries/Steamed Beans Or Homemade Flatbread Pizza Steamed Beans Veggies/Garden Bar Fruit Choices | 6 Hot Ham & Cheese Or Cold Cut Subs Cheesy Potatoes Applesauce Cup Veggies/Garden Bar Fruit Choices | 7 Crispy Chicken Wrap Lettuce/Tomato/Ranch Baked Chips Or Lasagna/Garlic Bread/Beans Veggies/Garden Bar Fruit Choices | 8 Mozzarella Filled Breadsticks/Marinara Or Chef Salad/Rolls Fruit Juice Slushie Veggies/Garden Bar Fruit Choices |
| 11 Mini Corndogs Or Meatballs/Gravy Mashed Potatoes/Steamed Carrots Veggies/Garden Bar Fruit Choices | 12 Taco Tubs Shells/Meat/Cheese/Trimmings Steamed Corn/Fiesta Beans Or Deli Wrap/Chips/Coleslaw Veggies/Garden Bar Fruit Choices | 13 Chicken Fillet Sandwich Curly Fries/Creamy Coleslaw Or French Bread Pizza Roasted Veggies Veggies/Garden Bar Fruit Choices | 14 Hot Dog Or Chili Dog Goldfish Crackers/Baked Beans Or Meatloaf Mashed Potatoes/Rolls/Corn Veggies/Garden Bar Fruit Choices | 15 Calzone W/Marinara Or Hot Italian Sub Steamed Beans Veggies/Garden Bar Fruit Choices |
| 18 French Toast Sticks Links/Tri Taters Or Quesadillas Steamed Corn/Fiesta Beans Veggies/Garden Bar Fruit Choices | 19 Pasta W/Meat Sauce Garlic Breadsticks Steamed Italian Veggies Or Yang's Orange Chicken Rice/Snap Peas Veggies/Garden Bar Fruit Choices | 20 BBQ Pork on Ciabatta Or Brats Baby Reds Baked Beans Veggies/Garden Bar Fruit Choices | 21 Chicken Fajitas Soft Shell Tacos Or Philly Beef W/or W/out Peppers & Onions Steamed Corn Veggies/Garden Bar Fruit Choices | 22 Big Daddy Pizza Or BBQ Riblet/Potato Cubes Roasted Veggies Veggies/Garden Bar Fruit Choices |
| 25 Popcorn Chicken Seasoned Rice/Snap Peas Orange Sauce Or Corndog/Mashed Potatoes Veggies/Garden Bar Fruit Choices | 26 Nachos Grande Chips/Meat/Cheese Steamed Corn/Pico de Gallo Or Baked Potato Bar Veggies/Garden Bar Fruit Choices | 27 Cold Cut Subs Or Cheese Burger W/Trimmings/Applesauce Cup Oven Fries Veggies/Garden Bar Fruit Choices | 28 Chicken Nuggets Mashed Potatoes Or Chicken Alfredo/Breadsticks Steamed Veggies Veggies/Garden Bar Fruit Choices | 29 French Bread Pizza Or Fish & Chips Juice Bar Veggies/Garden Bar Fruit Choices |

Food Service website: <https://www.getsd.org/district/food-service/>

All Meals Served with Garden Bar, Fruit Choice and ice-cold Milk. Whole Grain Bread Items Served. Menu Substitutions may occur