

October 2017

G-E-T High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Breast Tenders Waffle Fries Or Pasta W/Meat Sauce/Breadsticks Steamed Green Beans Garden Bar/Fruit Choices	3 Deli Turkey/Cheese Wrap Sun Chips Or Big Daddy Pizza Applesauce Cup Garden Bar/Fruit Choices	4 Chicken or Cheese Quesadilla Lettuce/Tomato/Salsa/Sour Cr Or BBQ Riblet Sandwich/Tots Steamed Corn Garden Bar/Fruit Choices	5 Cheeseburger Baked Potato Cubes/Baked Beans Or Yang's Orange Chicken Seasoned Rice/Peas Garden Bar/Fruit Choices	6 Nardone Pizza Or Chicken Cordon Blue on Ciabatta Roasted Veggies Juice Bar Garden Bar/Fruit Choices
9 Mini Corndogs Or Chicken Tenders Cheesy Potatoes Glazed Carrots Garden Bar/Fruit Choices	10 Taco Tuesday Shells/Meat/Cheese Steamed Corn/Fiesta Beans Or Deli Wrap/Chips/Winter Veggies Garden Bar/Fruit Choices	11 Hot Ham & Cheese Baked Tots Or Popcorn Chicken/Curly Fries Applesauce Cup Garden Bar/Fruit Choices	12 Sloppy Joes Or Hotdog/Chili Dog Roasted Baby Reds Calif. Blend Veggies Garden Bar/Fruit Choices	13 Mozzarella Filled Breadsticks w/Marinara Or Baked Potato Bar Fresh Baked Cookie Garden Bar/Fruit Choices
16 Chicken Nuggets Or Meatballs Mashed Potatoes Steamed Green Beans Garden Bar/Fruit Choices	17 Cold Cut Subs Meat/Cheese/Trimnings Baked Chips Or Hot Ham & Cheese/Tots Garden Bar/Fruit Choices	18 Pasta W/Meat Sauce Garlic Breadsticks Or Crispy Chicken Wrap/Sun Chips Steamed Italian Veggies Garden Bar/Fruit Choices	19 Chicken Fajita Nachos Chips/Chicken/Cheese/Topping Steamed Corn/Santiago Beans Or Calzone/Marinara/Corn Garden Bar/Fruit Choices	20 French Bread Pizza Or Cheeseburgers Oven Fries Steamed Italian Beans Garden Bar/Fruit Choices
23 Maple Glazed French Toast Sticks Tri-Taters/Sausage Links Or Quesadillas/Corn/Fiesta Beans Garden Bar/Fruit Choices	24 Potato Crunch Fish Nuggets Or BBQ Pork Sandwich Oven Fries Creamy Coleslaw Garden Bar/Fruit Choices	25 Chicken Fillet Sandwich Multi Grain Sun Chips Baked Beans Or Mac & Cheese Green Beans/Rolls Garden Bar/Fruit Choices	26 Pizza Sub Meat/ Mozzarella / Marinara Steamed Italian Veggies Or Yang's Teriyaki Chicken Seasoned Rice/Peas Garden Bar/Fruit Choices	27 NO SCHOOL
30 Popcorn Chicken Seasoned Rice Steamed Peas Or Personal Pizza /Italian Veggies Garden Bar/Fruit Choices	31 Nachos Grande Chips/Meat/Cheese/Toppings Steamed Corn/Pico de Gallo Or Pasta W/Meat Sauce Garlic Bread/Green Beans Garden Bar/Fruit Choices	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER!	NATIONAL SCHOOL LUNCH WEEK OCT. 9-13 2017	GARDEN BAR OFFERED EVERYDAY! MORE FRUITS & VEGGIES!

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