November 2017
G-E-T High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
GARDEN BAR OFFERED EVERYDAY! MORE FRUITS & VEGGIES!		1 Grilled Chicken Sandwich Or Hot Ham & Cheese Roasted Baby Reds Steamed Fresh Green Beans Garden Bar Fruit Choices	2 Cheeseburger Baked Fries Baked Beans Or Quesadillas/Fiesta Beans/Corn Garden Bar Fruit Choices	3 Big Daddy Pizza Or Chicken Cordon Blue on Ciabatta Roasted Veggies Garden Bar Fruit Choices/Juice Bar
6 Chicken Tenders Or Philly Beef on Flatbread Waffle Fries Steamed Capri Blend Veggies Garden Bar Fruit Choices	7 Taco Tubs Shells/Meat/Cheese Steamed Corn/Fiesta Beans Or Nardone Pizza Steamed Italian Beans Garden Bar Fruit Choices	8 Italian Sub Cold Cuts/Cheese/Marinara Steamed Italian Veggies Or Meatloaf Mashed Potatoes/Gravy Dinner Roll/Corn Garden Bar Fruit Choices	9 BBQ Pork Sandwich Baked Beans Coleslaw Or French Bread Pizza Steamed Veggies/Garden Bar Fruit Choices	10 NO SCHOOL
13 Mini Corndogs Cheesy Potatoes Or Chicken Alfredo/Breadsticks Glazed Carrots Garden Bar Fruit Choices	14 Hot Ham & Cheese Curly Fries/ Baked Beans Or Chicken Nuggets Cheesy Potatoes Steamed Veggies Garden Bar Fruit Choices	15 Pasta W/Meat Sauce Garlic Bread Or Homemade Flatbread Pizza Steamed Italian Beans Garden Bar Fruit Veggies	16 Chicken Fillet Sandwich Or Corndog on a Stick Roasted Baby Reds Steamed Beans Garden Bar Fruit Choices	17 Mozzarella Filled Breadsticks/Marinara Or Chef Salad/Dinner Rolls Fruit Slushie Garden Bar Fruit Choices
20 Thanksgiving Meal Turkey & Gravy Mashed Potatoes/Corn/Dressing Veggies/Garden Bar Fruit Choices Pumpkin Cookie	21 Walking Tacos Fritos/Meat/Cheese/Trimmings Or Big Daddy Pizza/Steamed Corn Veggies/Garden Bar Fruit Choices	22 Deli Wrap Cold Cuts/Cheese/Trimmings Baked Chips Or Fish/Fries/Coleslaw Garden Bar/Fruit Choices	23 NO SCHOOL	24 NO SCHOOL
27 Maple Glazed French Toast Sticks Links/Tri Taters Or Lasagna/Garlic Bread Steamed Green Beans Garden Bar Fruit Choices	28 Gilardi Calzone W/Marinara Or Meatballs Mashed Potatoes/Gravy Steamed Veggies Garden Bar Fruit Choices	29 Yang's Orange Chicken Seasoned Rice Steamed Snap Peas Or Pizza Sub/Steamed Veggies Garden Bar Fruit Choices	30 Crispy Chicken Wrap Multi Grain Sun Chips Or Personal Pizza/Steamed Veggies Applesauce Cup Garden Bar Fruit Choices	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER!

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