

January 2018

G-E-T High School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Corndog on A Stick Mashed Potatoes or Fish Sandwich/Fries Steamed Corn Garden Bar/Fruit Choices	3 Deli Turkey & Cheese Wrap or Chicken Tenders Baked Chips/Applesauce Cup Garden Bar/Fruit Choices	4 Cheeseburger Oven Fries Baked Beans or Teriyaki Chicken Seasoned Rice/Peas Garden Bar/Fruit Choices	5 Nardone Pizza or Hotdog/Chilidog Roasted Veggies Juice Bar Garden Bar/Fruit Choices
8 Parmesan Chicken Garlic Breadsticks or Meatballs/Mashed Taters/Rolls Steamed Italian Beans Garden Bar/Fruit Choices	9 Taco Triangles w/ Trimmings/Fiesta Beans or Lasagna/Garlic Bread Steamed Corn Garden Bar/Fruit Choices	10 Mac & Cheese Dinner Roll or Tony's Personal Pizza Steamed Whole Green Beans Garden Bar/Fruit Choices	11 Chicken Cordon Blue Sandwich (Chicken Breast/Ham/Cheese) or Toasted Ham & Cheese Baked Potato Cubes Garden Bar/Fruit Choices	12 Mozzarella Filled Breadsticks W/Marinara Steamed Veggies or BBQ's /Baked Beans/Tots Garden Bar/Fruit Choices
15 Chicken Nuggets Mashed Potatoes/Glazed Carrots or Quesadilla/Fiesta Beans/Corn Garden Bar/Fruit Choices	16 Deli Meat & Cheese Sub w/ Trimmings/Sun Chips or Chicken Alfredo / Breadsticks Applesauce Cup Garden Bar/Fruit Choices	17 Chicken Noodle Soup Cheese Filled Pretzel Celery & Carrot Sticks or Italian Sub/Baked Chips/Veggie Garden Bar/Fruit Choices	18 BBQ Pork Cheesy Potatoes/Baked Beans or Nachos Grande/Beans/Corn Garden Bar/Fruit Choices Fresh Baked Cookie	19 NO SCHOOL
22 Chicken Strip Wrap Tenders/Cheese/Trimmings Goldfish Crackers or Mini Corndogs/Cheesy Potatoes Steamed Calif Blend Garden Bar/Fruit Choices	23 Hot Ham & Cheese Curly Fries or Baked Potato Bar Applesauce Cup Garden Bar/Fruit Choices	24 Pasta w/Meat Sauce Garlic Bread or Calzone W/Marinara Steamed Veggies Garden Bar/Fruit Choices	25 Chicken Fillet Sandwich or Fish Sticks Potato Smiles Creamy Coleslaw Garden Bar/Fruit Choices	26 Cheesy Flatbread Pizza W/Marinara Steamed Italian Beans Or Brats/Baked Bean/Potato Cubes Garden Bar/Fruit Choices
29 French Toast Sticks Tri Taters/Links Orange Juice Cup/Fruit Choices or Orange Chicken Seasoned Rice/Peas Garden Bar/Fruit Choices	30 Walking Tacos Fritos/Meat/Cheese Steamed Corn/Fiesta Beans or Grilled Cheese Tomato Soup Garden Bar/Fruit Choices	31 Popcorn Chicken Seasoned Rice/Peas or Big Daddy Pizza Steamed Veggies 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