

SAVE THIS MENU FOR USE THROUGHOUT THE YEAR

2011/2012 SCHOOL YEAR

GCUES, GCMS AND GCHS ROTATING LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu served	Choose One:	Choose One:	Choose One:	Choose One:	Choose One:
week of:	Soup & grilled cheese	Chicken	Turkey/gravy	Lasagna	Chili dog/ cheese
8/8/2011	Pizza	Hamburger	Pizzata	Baked Spaghetti	Pork Barbeque/bun
8/22/2011	Philly steak w/ Queso cheese	PB & J	P B & J	hamburger/cheese	Cheese Pizza
9/5/2011	Chicken Sandwich	Grab N' go Sub	Grab N' go Sub	P B & J	P B & J
9/19/2011	P B & J	Chef Salad	Chef Salad	Grab N' go Sub	Grab N' go Sub
10/3/2011	Grab N' go Sub	Yogurt	Yogurt	Chef Salad	Chef Salad
10/24/2011	Chef Salad			Yogurt	Yogurt
11/7/2011	Yogurt				
11/21/2011					
12/5/2011	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:
1/2/2012	Salad	Salad	Salad	Salad	Salad
1/16/2012	Carrot Sticks	Cheesy Potatoes	Mashed Potatoes	Veggie Sticks	Veggie Sticks
1/30/2012	Fixings for Sandwich	Broccoli	Sweet Potatoes	Fixings for hamburger	Cole Slaw
2/13/2012	Chilled Fruit	Fixings for hamburger	Green Beans	Corn	Tater Tots
2/27/2012	Fresh fruit	Fries	Fixings for sub	Fries	Baked beans
3/12/2012		Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
3/26/2012		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
4/16/2012					
4/30/2012	In Addition:	In Addition:	In Addition:	In Addition:	In Addition:
5/14/2012	condiments	Roll with butter	Roll with butter	Bread Stick	condiments
	salad dressing	condiments	Condiments	condiments	salad dressing
		salad dressing	salad dressing	salad dressing	
8/15/2011	Choose One:	Choose One:	Choose One:	Choose One:	Choose One:
8/29/2011	Orange or Tempura Chicken	Salisbury Steak	Chili/spaghetti 3 -way	Taco or Chicken Fajita	Oven Fried Chicken
9/12/2011	Pizza	Hamburger	Pizzata	Hamburger/cheese	Pizza
9/26/2011	Philly steak w/ Queso cheese	BBQ Riblet Fingers/bun	Turkey & Bacon Sub	PB & J	Chicken Sandwich
10/17/2011	Chicken Sandwich	PB & J	PB & J	Grab N' go Sub	P B & J
10/31/2011	PB & J	Grab N' go Sub	Grab N' go Sub	Chef Salad	Grab N' go Sub
11/14/2011	Grab N' go Sub	Chef Salad	Chef Salad	Yogurt	Chef Salad
11/28/2011	Chef Salad	Yogurt	Yogurt		Yogurt
12/12/2011	Yogurt	Yogurt			
1/9/2012	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:	Choose 2 or 3:
1/23/2012	Salad	Salad	Salad	Salad	Salad
2/6/2012	Stir Fry Vegetables	Mashed Potatoes	Veggie Sticks	Cheesy Rice	Sweet Potatoes
2/20/2012	Rice	Peas	Fixings for Sub	Refried Beans	Mashed Potatoes
3/5/2012	Carrot Sticks	Carrot Sticks	Chili beans	Taco fixings	Green Beans
3/19/2012	Fixings for Sandwich	Fries	Chilled Fruit	Fixings for Hamburger	Veggie sticks
4/2/2012	Chilled Fruit	Fixings for Hamburger	Fresh Fruit	Fries	Fixings for Sandwich
4/23/2012	Fresh Fruit	Chilled Fruit		Chilled Fruit	Chilled Fruit
5/7/2012		Fresh Fruit		Fresh Fruit	Fresh Fruit
5/21/2012	In Addition:	In Addition:	In Addition:	In Addition:	In Addition:
	condiments	condiments	condiments	condiments	condiments
	salad dressing	salad dressing	salad dressing	salad dressing	salad dressing
	Fortune Cookies	roll w/ butter	oyster crackers		Roll with butter

CHOICE OF ASSORTED MILK OFFERED DAILY WITH MEAL

Offer vs. Serve: School lunches are planned to provide 1/3 of the recommended dietary allowances for the students. All students are encouraged to select a complete lunch, however, under the "Offer vs. Serve" regulation they are allowed to select 3, 4, or 5 items. Menus are planned to include a choice of entrée items. Changes have been made to lower the fat sodium and sugar in the menus. Fresh fruit is offered daily and all food is baked or steamed, not fried.

2000/2011 GALLATIN COUNTY ROTATING BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sames as	Sausage	Pop Tarts	Breakfast Pizza	Sausage/Pancake Bites	Chocolate Donuts
First Group	biscuit/gravy	french toast sticks	Breakfast Honey Bun	Egg Wrap	Glazed Donuts
of weeks	bacon/egg/cheese muffin	bacon/egg/cheese muffin	bacon/egg/cheese muffin	bacon/egg/cheese muffin	bacon/egg/cheese muffin
as listed	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel
above	chicken biscuit	chicken biscuit	chicken biscuit	chicken biscuit	chicken biscuit
starting with	egg and bacon biscuit	egg and bacon biscuit	egg and bacon biscuit	egg and bacon biscuit	egg and bacon biscuit
week	assorted cereal/toast	assorted cereal/toast	assorted cereal/toast	assorted cereal/toast	assorted cereal/toast
8/8/2011	bagel/cream cheese	bagel/cream cheese	bagel/cream cheese	bagel/cream cheese	bagel/cream cheese
			yogurt		
Sames as	Sausage	Pillsbury's Mini-Cini's	Breakfast Pizza	Scrambled eggs with bacon and cheese	Chocolate Donuts
Second Group	biscuit/gravy	Egg Wrap	Pillsbury Mini Pancakes		Glazed Donuts
of weeks	bacon/egg/cheese muffin	bacon/egg/cheese muffin	bacon/egg/cheese muffin	Pop Tarts	bacon/egg/cheese muffin
as listed	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel	sausage/egg/cheese/bagel	bacon/egg/cheese muffin	sausage/egg/cheese/bagel
above	chicken biscuit	chicken biscuit	chicken biscuit	sausage/egg/cheese/bagel	chicken biscuit
starting with	egg and bacon biscuit	egg and bacon biscuit	egg and bacon biscuit	chicken biscuit	egg and bacon biscuit
week	assorted cereal/toast	assorted cereal/toast	assorted cereal/toast	egg and bacon biscuit	assorted cereal/toast
8/15/2011	bagel/cream cheese	bagel/cream cheese	bagel/cream cheese	assorted cereal/toast	bagel/cream cheese
			yogurt	bagel/cream cheese	

Plus your choice of: Assorted Juice or Fruit & Assorted Milk

MENUS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY AND DELIVERIES

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY), USDA is an equal opportunity provider and employer."