

GCHS MENUS

Join us daily in the cafeteria for a free, nutritious breakfast, beginning at 7:15 a.m. Second chance breakfast begins at 9:35 a.m.



Students who eat school breakfast are more likely to:

- * Have better concentration and memory
- * Be more alert
- * Maintain a healthy weight
- * Reach higher levels of achievement in reading and math



Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	LENT - Friday, March 6
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Big Daddy's Cheese or Pepperoni Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Slush Cups (20) Milk (11-22)	Hot Wings, 5 (1) Or Chili, Beef, & Bean Burrito (35) Or Salad Bar Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Roll (22) Fresh Fruit Assortment (~15) Pineapple Tidbits (19) Milk (11-22)	Hamburger on Bun (31) Or Hot Dog (2) on Bun (27) Or Salad Bar Baked Beans, ½ c. (29) Onion Rings, 5 (28) Romaine Lettuce & Tomato, ½ c. (1) Fresh Fruit Assortment (~15) Frozen Jonny Pops (10-11) Milk (11-22)	Chicken Smackers, 10 (20) Waffle (37) & Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5), FF Ranch (6) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22) Choice of Dipping Sauce (*)	Chili, 8 oz. (22), Crackers (5 per pack) Or Salad Bar (*) Grilled Cheese Sandwich (30) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	LENT - Friday, March 13
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Canadian Bacon, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Sausage Pancake on a Stick (18) & Syrup (31) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
BBQ Pork (16) on Bun (31) Or Spicy Chicken (17) on Bun (31) Southern-Style Hash Browns, ½ c. (14) Baked Beans, ½ cup (29) Fresh Pineapple Chunks (15) Fruit Sidekicks (20) Milk (11-22)	Salisbury Steak (2)/Gravy (5) Or Mini Corn Dogs, 6 (30) or Salad Bar Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread (18 ea.) Fresh Fruit Assortment (~15) Pineapple Tidbits, ½ c. (19) Milk (11-22)	BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26) & Gravy, ½ c. (10) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (36) Fresh Fruit (~15) Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Fruit Cocktail, ½ c. (18) Milk (11-22) Choice of Dipping Sauce (*)	Big Daddy's Cheese or Pepperoni Pizza or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Slush Cups (20) Milk (11-22)
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	LENT - Friday, March 20
Glazed Cinnamon French Toast (26) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Slush Cups (20) Milk (11-22)	Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)	Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's <u>Cheese</u> or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (11-22) Choice of Dipping Sauce (*)	Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's <u>Cheese</u> or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Veggie Cup*, ½ c. (2.5) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23), Milk (11-22)
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	LENT - Friday, March 27
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk
Big Daddy's Cheese or Pepperoni Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Slush Cups (20) Milk (11-22)	Hot Wings, 5 (1) Or Chili, Beef, & Bean Burrito (35) Or Salad Bar Glazed Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Roll (22) Fresh Fruit Assortment (~15) Pineapple Tidbits (19), Milk (11-22)	Hamburger on Bun (31) Or Hot Dog (2) on Bun (27) Or Salad Bar Baked Beans, ½ c. (29) Onion Rings, 5 (28) Romaine Lettuce & Tomato, ½ c. (1) Fresh Fruit Assortment (~15) Frozen Jonny Pops (10-11), Milk (11-22)	Chicken Smackers, 10 (20) Waffle (37) & Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5), FF Ranch (6) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12) Milk (11-22)	Chili, 8 oz. (22), Crackers (5 per pack) Or Salad Bar (*) Grilled Cheese Sandwich (30) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)