



JANUARY 2022

G-E-T MIDDLE & HIGH SCHOOL

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS ARE SERVED WITH GARDEN BAR AND FRUIT CHOICES ICE-COLD MILK! WHOLE GRAIN BREAD ITEMS ARE SERVED</p>	<p>MIDDLE SCHOOL AN ALTERNATIVE MAIN ENTRÉE COURSE WILL BE OFFERED DAILY. THIS ENTRÉE CONSISTS OF A 4oz YOGURT, STRING CHEESE AND A GRAIN SNACK</p>	<p>ALL SCHOOL MEALS ARE FREE FOR ALL ENROLLED G-E-T STUDENTS LEARNING FACE-TO-FACE! <u>MEALS ONLY - NOT A LA CARTE</u></p>		
<p>3 PIZZA CRUNCHERS STEAMED BROCCOLI w/CHEESE SAUCE FRUIT CHOICES GARDEN BAR</p>	<p>4 PASTA w/MEATBALLS MARINARA STEAMED GREEN BEANS FRUIT CHOICES GARDEN BAR GARLIC BREADSTICKS</p>	<p>5 WALKING TACOS w/TORTILLA CHIPS BLACK BEANS FRUIT CHOICES GARDENBAR</p>	<p>6 CHICKEN NUGGETS OVEN FRIES FRUIT CHOICES GARDEN BAR DINNER ROLLS</p>	<p>7 GARLIC CHEESE BREAD w/MARINARA SAUCE BABY CARROTS w/DIP FRUIT COICES GARDEN BAR</p>
<p>2 10 CHEESEBURGER ON A BUN OVEN FRIES FRUIT CHOICES GARDEN BAR</p>	<p>11 CHEESE FILLED BREADSTICKS w/MARINAR SAUCE STEAMED CARROTS FRUIT CHOICES GRADEN BAR WHOLE GRAIN SNACK</p>	<p>12 POP CORN CHICKEN BOWL MASHED POTATOES W/GRAVY STEAMED CORN FRUIT CHOICES GARDEN BAR DINNER ROLLS</p>	<p>13 HOT HAM & CHEESE ON A BUN TATER TOTS FRUIT CHOICES GARDEN BAR</p>	<p>14 NO SCHOOL</p>
<p>17 CHICKEN NUGGETS OVEN FRIES FRUIT CHOICES GARDEN BAR DINNER ROLL</p>	<p>18 STUFFED CRUST PIZZA STEAMED VEGGIES FRUIT CHOICES GARDEN BAR</p>	<p>19 CORN DOG ON A STICK BAKED BEANS MAC & CHEESE FRUIT CHOICES GARDEN BAR</p>	<p>20 CHICKEN ALFREDO ON PASTA STEAMED BROCCOLI FRUIT CHOICES GARDEN BAR</p>	<p>21 BREADED FISH FILLET SANDWICH OVEN FRIES FRUIT CHOICES GARDEN BAR CHOCOLATE CHIP SMART COOKIE</p>
<p>24 NACHOS SUPREME w/TORTILLA CHIPS STEAMED CORN FRUIT CHOICES GARDEN BAR</p>	<p>25 MEATBALL SUB OVEN FRIES FRUIT CHOICES GARDEN BAR</p>	<p>26 MANDARIN ORANGE CHICKEN W/BROWN RICE STIR FRY VEGGIES FRUIT CHOICES GARDEN BAR</p>	<p>27 CHICKEN PATTY ON A BUN MAC & CHEESE FRESH VEGGIES w/DIP FRUIT CHOICES GARDEN BAR</p>	<p>28 GRILLED CHEESE SANDWICH TOMATO SOUP FRUIT CHOICES GARDEN BAR CHEDDAR GOLDFISH CRACKERS</p>
<p>31 CHEESE PIZZA STEAMED GREEN BEANS FRUIT CHOICES GARDEN BAR</p>				
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