



OCTOBER 2021

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 ONLY 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>1 NO SCHOOL</p>
<p>4 CHEESE PIZZA STEAMED GREEN BEANS FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – CHICKEN CAESAR 6</p>	<p>5 POP CORN CHICKEN AU GRATIN POTATOES FRUIT CHOICES GARDEN BAR SIDEKICKS SLUSHIES</p> <p>SALAD OPTION – CRISPY CHICKEN</p>	<p>6 CHEESEBURGERS ON A BUN OVEN FRIES FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – TURKEY CLUB</p>	<p>7 BREAKFAST FOR LUNCH FRENCH TOAST SAUSAGE LINKS POTATO CUBES FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION - CHEF</p>	<p>8 CHICKEN PATTY ON A BUN MAC & CHEESE BAKED BEANS FRUIT CHOICES GARDEN BAR WHOLE GRAIN SNACK</p> <p>SALAD OPTION – COOK'S CHOICE</p>
<p>11 CHICKEN NUGGETS STEAMED CARROTS FRUIT CHOICES GARDEN BAR GARLIC BREADSTICKS</p> <p>SALAD OPTION – CHICKEN CAESAR 7</p>	<p>12 PHILLY BEEF SANDWICH OVEN FRIES FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – CHICKEN BACON RNCH</p>	<p>13 CHICKEN TERIYAKI w/BROWN RICE STEAMED SUGAR SNAO PEA PODS FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – CHICKEN FIESTA</p>	<p>14 CHILI CHEESE DOGS WAFFLE FRIES FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – GRILLED CHICKEN</p>	<p>15 ENCHILADAS CILANTRO LIME RICE FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – COOK'S CHOICE</p>
<p>18 STUFFED CRUST PIZZA FRESH VEGGIES w/DIP FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION - CHICKEN CAESAR 8</p>	<p>19 MEATBALLS IN GRAVY MASHED POTATOES FRUIT CHOICES GARDEN BAR DINNER ROLL</p> <p>SALAD OPTION – CRISPY CHICKEN</p>	<p>20 CHICKEN PARMESAN w/GARLIC TOAST STEAMED BROCCOLI w/CHEESE SAUCE FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – TURKEY CLUB</p>	<p>21 HOT HAM & CHEESE ON A BUN OVEN FRIES FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION - CHEF</p>	<p>22 CHEESE QUESADILLA BLACK BEANS FRUIT CHOICES GARDEN BAR CORN MUFFIN</p> <p>SALAD OPTION – COOKS CHOICE</p>
<p>25 HOT DOG ON A BUN TATOR TOTS FRUIT CHOICES GARDEN BAR WHOLE GRAIN SNACK</p> <p>SALAD OPTION - CHICKEN CAESAR 1</p>	<p>26 CHICKEN PATTY ON A BUN STEAMED CARROTS FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – CHICKEN BACON RANCH</p>	<p>27 PEPPERONI PIZZA STEAMED GREEN BEANS MAC & CHEESE FRUIT CHOICES GARDEN BAR</p> <p>SALAD OPTION – CHICKEN FIESTA</p>	<p>28 SOFT SHELL TACOS STEAMED CORN FRUIT CHOICES GARDEN BAR HALLOWEEN TREAT</p> <p>SALAD OPTION – GRILLED CHICKEN</p>	<p>29 NO SCHOOL</p>