



FEBRUARY 2012



Don't Get Caught with No Lunch Money. Be Sure to Put Some Funds on Your Nutrikids Account

GCS MENU.

It's a Good Idea!



Indicates Full Vegetarian Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Featured Second Choice Menu MON: State Fair Corn Dog TUES: Hamburger, Cheeseburger or Black Bean Vegetarian Burger on a Roll WED: Toasted Cheese Sandwich of the Day THURS: Healthy Choice Gourmet Salad of the Day FRI: Chef's Special of the Day For BREAKFAST each day we serve: Daily Entrée Fresh Baked Brooklyn Bagels Cereal with Graham Crackers Choice of Fruit or Juice Choice of Milk		1 BREAKFAST <i>Fresh Baked Country Scone</i> LUNCH Spaghetti with a Fat Free Plum Tomato Sauce Cheese Sticks Vegetable Du Jour Bakery Soft Roll Assorted Fruit Choice of Milk 	2 BREAKFAST <i>Yogurt & Graham Crackers</i> LUNCH N.Y. Deli Day Fresh Made Wrap of the Day Spicy Chicken Shredded Lettuce, Cheese, Dressing Chef's Deli Salad Fresh Fruit Choice of Milk 	3 BREAKFAST <i>Chef's Breakfast Sandwich</i> LUNCH White Garlic Thick Crust Pizza Garden Salad with Choice of Dressing Fresh Roll Chilled Fruit Choice of Milk 
6 BREAKFAST <i>French Toast Sticks with a Peanut Butter Cup</i> LUNCH Soup' n Sandwich Chef's Homemade Soup Choice of Peanut Butter & Jelly or Ham & Cheese Sandwich Tossed Salad with Choice of Low Fat Dressing Chilled Fruit Choice of Milk 	7 BREAKFAST <i>WAFFLEWICH Breakfast Sandwich</i> LUNCH ASIAN STIR FRY Spicy Chicken in a Chow Sauce Crispy Noodles White Rice Steamed Broccoli Chilled Fruit Choice of Milk	8 BREAKFAST <i>Fresh Baked Country Scone</i> LUNCH Whole Wheat Rotini Spiral Pasta with Meat Sauce Vegetable of the Day Bakery Roll Chilled Fruit Choice of Milk 	9 BREAKFAST <i>Yogurt and Graham Crackers</i> LUNCH Slowed Roasted Sliced Pork Loin Pan Gravy Chef's Whipped Potatoes Vegetable of the Day Fresh Baked Wheat Roll Assorted Fruit Fresh Baked Cookie Choice of Milk	10 BREAKFAST <i>Chef's Breakfast Sandwich</i> LUNCH Chicken Nuggets with Our Low Fat Dipping Sauce Steamed White Rice Vegetable of the Day Assorted Fruit Choice of Milk
13 BREAKFAST <i>French Toast Sticks with a Peanut Butter Cup</i> LUNCH Soup' n Sandwich Chef's Homemade Soup Choice of Peanut Butter & Jelly or Ham & Cheese Sandwich Tossed Salad with Choice of Low Fat Dressing Chilled Fruit Choice of Milk 	14 BREAKFAST <i>WAFFLEWICH Breakfast Sandwich</i> LUNCH Toasted Mozzarella Cheese Sandwich Golden French Fries Vegetable of the Day Chilled Fruit Sweetheart Cookie Choice of Milk  	15 BREAKFAST <i>Fresh Baked Country Scone</i> LUNCH Our Famous Macaroni and Cheese Vegetable of the Day Bakery Roll Assorted Fruit Choice of Milk 	16 BREAKFAST <i>Yogurt and Graham Crackers</i> LUNCH ELEM & M.S. Hot Dog on a Roll Crisp Oven Fries Sweet Pickle Relish Baked Beans Sauerkraut Assorted Fruit Choice of Milk HIGH SCHOOL See: Chef's Carving Station 	17 BREAKFAST <i>Chef's Breakfast Sandwich</i> LUNCH Homemade Thick Crust Cheese Pizza Garden Salad with Choice of Low Fat Dressing Selection of Fruit Choice of Milk 
NO SCHOOL 20th-24th				
27 BREAKFAST <i>French Toast Sticks with a Peanut Butter Cup</i> LUNCH Soup' n Sandwich Chef's Homemade Cream of Tomato Soup Toasted Mozzarella Cheese Sandwich Garden Salad Chilled Fruit Choice of Milk 	28 BREAKFAST <i>WAFFLEWICH Breakfast Sandwich</i> LUNCH Sausage Sandwich with Peppers and Onions Rice Pilaf Vegetable of the Day Chilled Fruit Choice of Milk	29 BREAKFAST <i>Fresh Baked Country Scone</i> LUNCH Shell Pasta with Our Homemade Tomato Sauce Mozzarella Cheese Sticks Garden Salad Warm Garlic Bread Chilled Fruit Choice of Milk 	Chef's Carving Station Choice of (2) Meats Carved to Order Choice of Starches Choice of Hot Vegetables Hearthside Bakery Basket Selection of Fresh Fruit Choice of Milk	EACH DAY WE SERVE: No Fat Chocolate, No Fat Strawberry, No Fat Coffee, and No Fat White Milk All Salad Dressings are either No-Fat or Low-Fat All Breads served are Whole Wheat

If you have any questions regarding our menus or feel you may qualify for the Free and Reduced Meal Program, please contact Mr. Ventura at 966-5070 ext 429. Check us out on the web at: www.greenville.k12.ny.us