



MARCH 2012



GCS MENU

Indicates Full Vegetarian Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Breakfast will be served on ½ days & 1-hour delays.</i></p> <p><i>For breakfast each day we serve:</i> Daily Entrée Fresh Baked B'klyn Bagels Cereal with Graham Crackers Choice of Fruit or Juice Choice of Milk</p>	<p>EACH DAY WE SERVE: No Fat Chocolate, No Fat Strawberry, No Fat Coffee, and No Fat White Milk</p> <p>All Salad Dressings are either No-Fat or Low-Fat</p> <p>All Breads served are Whole Wheat</p>	<p>Featured 2nd Choice Menu MON: State Fair Corn Dog TUE: Hamburger, Cheeseburger or Black Bean Vegetarian Burger on a Roll WED: Toasted Cheese Sandwich of the Day TH: Healthy Choice Gourmet Salad of the Day FRI: Chef's Special of the Day</p>	<p>1 BREAKFAST Jiffy-Pancake & Sausage on a Stick</p> <p>LUNCH Old Fashion Hearty Beef Stew with Garden Vegetables Whipped Potatoes or Steamed Rice Bakery Fresh Roll Chilled Fruit Choice of Milk</p>	<p>2 BREAKFAST Chef's Breakfast Sandwich</p> <p>LUNCH Double Turkey Taco Lettuce, Salsa & Cheese Spicy Baked Beans Wheat Roll Chilled Fruit Choice of Milk </p>
<p>5 BREAKFAST French Toast Sticks with a Peanut Butter Cup</p> <p>LUNCH Soup' n Sandwich Chef's Homemade Soup Choice of Peanut Butter and Jelly or Ham & Cheese Sandwich Tossed Salad with Choice of Low Fat Dressing Chilled Fruit Choice of Milk </p>	<p>6 BREAKFAST WAFFLEWICH Breakfast Sandwich</p> <p>LUNCH "The Original" Chicken Pattie on a Wheat Roll w. Lettuce Golden French Fries Vegetable of the Day Assorted Fruit Choice of Milk</p>	<p>7 BREAKFAST Fresh Baked Country Scone</p> <p>LUNCH Spaghetti with a Fat Free Plum Tomato Sauce Cheese Sticks Vegetable Du Jour Bakery Soft Roll Assorted Fruit Choice of Milk </p>	<p>8 BREAKFAST Jiffy-Pancake & Sausage on a Stick</p> <p>LUNCH Chinese Sweet & Sour Chicken Steamed Rice Broccoli Florets Crispy Noodles Chilled Fruit Choice of Milk</p>	<p>9 BREAKFAST Chef's Breakfast Sandwich</p> <p>LUNCH Homemade Thick Crust Cheese Pizza Garden Salad with Choice of Low Fat Dressing Assorted Fruit Choice of Milk </p>
<p>12 BREAKFAST French Toast Sticks with a Peanut Butter Cup</p> <p>LUNCH COMFORT FOOD Homemade Cream of Tomato Soup with Toasted Cheese Sandwich Garden Salad Chilled Fruit Choice of Milk </p>	<p>13 BREAKFAST WAFFLEWICH Breakfast Sandwich</p> <p>LUNCH Hot Dog on a Roll Crisp Oven Fries Sweet Pickle Relish Baked Beans Sauerkraut Assorted Fruit Choice of Milk</p>	<p>14 BREAKFAST Fresh Baked Country Scone</p> <p>LUNCH Italian Chicken Cacciatore with Spaghetti Fresh Baked Wheat Roll Garden Salad Chilled Fruit Choice of Milk</p>	<p>15 BREAKFAST Jiffy-Pancake & Sausage on a Stick</p> <p>LUNCH ½ Day K-12 </p>	<p>16</p> <p>Superintendent's Conference Day</p> <p>NO SCHOOL</p>
<p>19 BREAKFAST French Toast Sticks with a Peanut Butter Cup</p> <p>HALF DAY</p> <p>NO LUNCH</p>	<p>20 BREAKFAST WAFFLEWICH Breakfast Sandwich</p> <p>LUNCH "The Original" Chicken Pattie on a Wheat Roll w. Lettuce Golden French Fries Vegetable of the Day Assorted Fruit Choice of Milk</p>	<p>21 BREAKFAST Fresh Baked Country Scone</p> <p>LUNCH Italian Ravioli with Cheese Sticks Vegetable Du Jour Fresh Baked Garlic Roll Chilled Fruit Choice of Milk</p>	<p>22 BREAKFAST Jiffy-Pancake & Sausage on a Stick</p> <p>LUNCH Sloppy Joe on a Roll Seasoned Rice Vegetable of the Day Assorted Fruit Choice of Milk</p>	<p>23 BREAKFAST Chef's Breakfast Sandwich</p> <p>LUNCH Chicken Nuggets with Our Low Fat Dipping Sauce Steamed White Rice Vegetable of the Day Assorted Fruit Choice of Milk</p>
<p>26 BREAKFAST French Toast Sticks with a Peanut Butter Cup</p> <p>LUNCH Soup' n Sandwich Chef's Homemade Soup Choice of Peanut Butter and Jelly or Ham & Cheese Sandwich Tossed Salad with Choice of Low Fat Dressing Chilled Fruit Choice of Milk </p>	<p>27 BREAKFAST WAFFLEWICH Breakfast Sandwich</p> <p>LUNCH Golden Toasted Mozzarella Cheese Sandwich Oven Fries Vegetable of the Day Chilled Fruit Choice of Milk </p>	<p>28 BREAKFAST Fresh Baked Country Scone</p> <p>LUNCH Our Famous Macaroni and Cheese Vegetable of the Day Bakery Roll Assorted Fruit Choice of Milk </p>	<p>29 BREAKFAST Jiffy-Pancake & Sausage on a Stick</p> <p>LUNCH Beef Noodle Casserole Vegetable of the Day Fresh Baked Wheat Roll Chilled Fruit Fresh Baked Cookie Choice of Milk</p>	<p>30 BREAKFAST Chef's Breakfast Sandwich</p> <p>LUNCH Cheese Pizza Tossed Garden Salad with Low Fat Dressing Chilled Fruit Choice of Milk </p>

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