

December

GHMVS LUNCH K-5

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> • crispy chicken sandwich • mac & cheese w/ chicken sausage • taco dippers kit (VG) <ul style="list-style-type: none"> ○ edamame ○ carrots w/ ranch <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> • cheese pizza panda pie (VG) • mac & cheese w/ chicken bites • garden ranch salad w/ chicken <ul style="list-style-type: none"> ○ steamed carrots <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • hot dog (DF) • cheesy ravioli (VG) • turkey & cheddar sandwich <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • sunbutter & jelly sandwich (VG) <ul style="list-style-type: none"> ○ green peas <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • chicken taco trio • uncle ted's bbq chicken drumstick w/ cheesy rice • cheddar cheese sandwich (VG) <ul style="list-style-type: none"> ○ blanched broccoli <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • cheese lasagna (VG) • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ pinto beans ○ carrots w/ ranch <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> • italian "sausage" calzoni (VG) • breakfast for lunch: pancakes w/ omelet (VG) • mightcreamy y meaty deli <ul style="list-style-type: none"> ○ glazed carrots <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • hamburger (DF) • green chili & cheese tamale (VG) • chicken salad sandwich(DF) <ul style="list-style-type: none"> ○ steamed corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • southern bbq chicken sandwich • santa fe chile chicken & black bean wrap <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken bites • turkey & cheese flatbread sandwich • honey mustard chicken wrap <ul style="list-style-type: none"> ○ lettuce & tomatoes w/ ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • mac & cheese w/ chicken sausage • hummus dippers (VG) <ul style="list-style-type: none"> ○ black beans ○ baby carrots <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">29</p>

What's New?

Our food is made with high quality ingredients that do not contain any artificial colors, flavors, or sweeteners.

Because you deserve nothing less!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

This institution is an equal opportunity provider.



December

GHMVS BREAKFAST K-5

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> blueberry bagel w/ cream cheese assorted cereal <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> dipper doodle bar w/fruit cinnamon chex/ zac attack strawberry <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble assorted cereal <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> french toast muffin w/ fruit dipperdoodle bar <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> whole wheat bagel w/cream cheese assorted cereal <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> blueberry muffin assorted cereal <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> zeezee berry apple crisp bar dipperdoodle bar <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> yogurt w/ granola assorted cereal <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> lemon muffin cinnamon chex/zac attack apple <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble assorted cereal <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel w/cream cheese assorted cereal <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">29</p>

What's New?

Studies show students who eat breakfast do better on school tests!

A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

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