

# January

## GHMVS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	<ul style="list-style-type: none"> <li>SHELF STABLE cinnamon chex/honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>plain wheat bagel w/cream cheese</li> <li>SHELF STABLE cinnamon chex/honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>SHELF STABLE cinnamon chex/honey grahams</li> </ul>
<ul style="list-style-type: none"> <li>dipper doodle bar w/fruit</li> <li>SHELF STABLE cinnamon chex/honey grahams</li> </ul>	<ul style="list-style-type: none"> <li>yogurt w/granola</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry burst wholegrain bagel w/cream cheese</li> <li>assorted cereal</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>assorted cereal</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>cheerios/mini dipper doodle bar</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>yogurt w/granola</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry burst bagel w/cream cheese</li> <li>assorted cereal</li> </ul>
22	23	24	25	26
<ul style="list-style-type: none"> <li>cinnamon chex/zac attack</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>skeeter honey grahams/cinnamon rumbles</li> </ul>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>assorted cereal</li> </ul>		
29	30	31		

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.

*This institution is an equal opportunity provider*



# January

## GHMVS LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	<ul style="list-style-type: none"> <li>hotdog (DF)</li> <li>sloppy joe (DF)</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o green beans w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>fiesta scoops layer dip (VG)</li> <li>green chili and cheese tamales(VG)</li> <li>chicken pizza party salad</li> <li>o broccoli</li> </ul>	<ul style="list-style-type: none"> <li>spaghetti and meatballs (DF)</li> <li>lone star bbq chicken sandwich</li> <li>southwest veggie wrap (VG)</li> <li>o pinto beans</li> <li>o baby carrots</li> </ul>
<ul style="list-style-type: none"> <li>pepper jack cheeseburger</li> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>mighty meaty deli sandwich</li> <li>o glazed carrots</li> </ul>	<ul style="list-style-type: none"> <li>kickin chicken parm pasta</li> <li>buffalo chicken pizza</li> <li>cheddar cheese sandwich (VG)</li> <li>o green peas</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>oven roasted chicken sandwich (DF)</li> <li>santa fe chicken and black bean wrap</li> <li>o celery sticks w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>chicken bites</li> <li>chicken sausage and cheddar eggel sandwich</li> <li>taco dippers (VG)</li> <li>o broccoli</li> </ul>	<ul style="list-style-type: none"> <li>EARLY RELEASE</li> </ul>
8	9	10	11	12
• NO SCHOOL	• NO SCHOOL	• NO SCHOOL	• NO SCHOOL	<ul style="list-style-type: none"> <li>baked mac &amp; cheese w/ chicken sausage</li> <li>meatball sub</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o black beans</li> <li>o baby carrots</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>sweet garlic noodles w/ chicken thigh</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o glazed carrots</li> </ul>	<ul style="list-style-type: none"> <li>cheesy ravioli (VG)</li> <li>creamy tomato curry w/ chicken</li> <li>chicken caesar salad</li> <li>o broccoli</li> </ul>	<ul style="list-style-type: none"> <li><b>NEW!!</b> cheesy pizza bites</li> <li>buffalo chicken sandwich</li> <li>honey mustard chicken wrap</li> <li>o green beans w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>Italian "sausage" calzone (VG)</li> <li><b>NEW!!</b> veggie chili (VG)</li> <li>mighty meaty deli sandwich</li> <li>o steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>chicken bites</li> <li>pasta alfredo (VG)</li> <li>chicken salad sandwich (DF)</li> <li>o pinto beans</li> <li>o baby carrots</li> </ul>
22	23	24	25	26
<ul style="list-style-type: none"> <li>cheese enchiladas (VG)</li> <li>chicken potstickers (DF)</li> <li>turkey and cheddar sandwich</li> <li>o corn</li> </ul>	<ul style="list-style-type: none"> <li>kickin chicken melt sandwich</li> <li>baked mac &amp; cheese w/ bbq chicken</li> <li>egg salad sandwich (VG) (DF)</li> <li>o glazed carrots</li> </ul>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>sloppy joe (DF)</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o green beans w/ ranch</li> </ul>		
29	30	31		

Happy New Year!  
What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

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.

o Vegetable of the day

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