FEBRUARY | 2020

GESU School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey and cheese Sandwich WG Croissant Baby Carrots with Ranch Steamed Broccoli Mixed Fruit Milk	4 Meatloaf Sandwich Cheesy Potatoes Romaine Salad FF Poppyseed Dressing Banana Milk	5 Roasted Chicken Mac and Cheese Mixed Vegetable Cornbread Fruit Cup Milk	6 Chicken Philly Wrap WG Tortilla Paprika Potato Wedges Baked Beans Apple Milk	7 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot Cup WG Cookie Milk
10 Egg and Cheese WG Croissant Potato Wedges String Cheese Juice 4 U Apple Milk	11 Corn Dog Baked Beans Baby Carrots FF Ranch Banana Milk	12 Chicken Strips Sweet and Sour Sauce Rice Steamed Broccoli Sliced Cucumbers with Ranch Fruit Cup Milk	13 Chicken Walking Taco WG Doritos Fiesta Potatoes Lettuce and Cheese Salas and Sour Cream Sidekick Milk	14 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot cup WG Cookie Milk
17 No School	18 Beef Taco WG Tortilla Refried Beans Lettuce and Cheese Salsa and Sour Cream Banana Milk	19 Oven Baked Chicken WG Stuffing Mashed Potatoes Garden Salad FF Dressing WG Cornbread Pear Milk	20 Hot Dog WG Bun Roasted Ranch Potato Wedges Baby Carrots with Ranch Ketchup and Mustard Blueberries Milk	21 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot cup WG Cookie Milk
24 Turkey Bacon Panini Cooked Carrots Mixed Vegetable Apple Milk	25 Chicken Gyro WG Flat Bread Shredded Lettuce Cucumber Slices with Ranch Green Beans Banana Milk	26 Cheese Omelet Cheesy Potatoes WG Cinnamon Roll Juice 4 U String Cheese Apple Sauce Milk	27 Cheeseburger WG Bun Steamed Broccoli Baked Beans Mustard and Ketchup Fruit Milk	28 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot Cup WG Cookie Milk

Lunch Times

11:15am- 11:35am
11:40am- 12:00pm
12:05pm- 12:25pm

***Meat*/Alternate**
Grades k-5 8 oz. Weekly
Minimum 1oz per day
Grades 6-8, 9 oz. weekly
Minimum 1oz per day
Grades 9-12 10 oz. weekly
Grain/Bread
Grades k-5 8 oz. weekly
Minimum 1oz per day
Grades 6-8 8 oz. weekly
Minimum 1oz per day
Grades 9-12 10 oz. weekly
Minimum 2oz per day
Fruit
Grades k-8 ½ cup Daily and 2 ½ cups weekly
Vegetable
Grades k-8, ¾ cup Daily and 3 ¾ cups weekly
Grades 9-12, 1 cup Daily and 5 cups weekly
Milk
1 cup 1% or Fat Free

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