

HGCS HOT LUNCH MENU

Jan-12

MEALS ARE SUBJECT TO CHANGE ACCORDING TO AVAILABILITY OF PRODUCT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 NEW YEAR HOLIDAY	3 T W D	4 baked chicken tenders green beans whipped potatoes w/ gravy cinnamon applesauce milk or juice	5 pancakes syrup cup sausage patty orange slices milk or juice	6 cheese pizza vegetable blend golden potato tots diced peaches milk or juice	7
8 baked corn dog green peas tri tater pineapple tidbits milk or juice	9	10 beefy nachos salad applesauce milk or juice	11 mac 'n' cheese green beans biscuit diced peaches milk or juice	12 baked chicken sand. chips vegetable blend sliced apples milk or juice	13 low fat pepperoni pza sunshine corn mandrian oranges milk or juice	14
15	16 MLK DAY NO SCHOOL	17 baked chicken nuggets rice/gravy green peas diced pears milk or juice	18 spaghetti salad roll applesauce milk or juice	19 baked starfish nuggets vegetable blend golden tater tots diced peaches milk or juice	20 cheese pizza green beans chips mandrian oranges milk or juice	21
22 grilled cheese sand. vegetable soup pineapple tidbits milk or juice	23	24 chicken tacos steamed rice/salsa diced tomatoes/lettuce applesauce milk or juice	25 hamburger green beans whipped potatoes diced peaches milk or juice	26 intalian beef & mac vegetable blend garlic toast apple slices milk or juice	27 low fat pepperoni pza green peas potato smiles diced pears milk or juice	28
29 beef tacos lettuce/cheese mexican fiesta rice diced pears milk or juice	30	31 mac & cheese vegetable blend biscuit baked apples milk or juice				