


Gouverneur High School Lunch Menu - OCTOBER 2018
(Menu Subject to Change Without Notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Ravioli Seasoned Green Beans Breadstick Chilled Applesauce Cup & Milk	2 Hamburger on Whole Wheat Roll French Fries Chilled Mixed Fruit & Milk 	3 Whole Wheat Pizza Three Bean Salad Chilled Pears & Milk	4 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese) Steamed Corn, Biscuit Chilled Peaches & Milk	5 Mac & Cheese Garlic Breadstick Red Pepper Strips Chilled Applesauce & Milk
8 Columbus Day—No School 	9 Chicken Parmesan Sandwich Steamed Carrots Chilled Applesauce & Milk	10 Whole Wheat Pizza Caesar Salad Chilled Pears & Milk 	11 Pasta with Meat Sauce Iceberg Garden Salad Chilled Mixed Fruit & Milk	12 Sampler - (3 Mozzarella Sticks, 3 Boneless Wings, & 1 BOSCO Stick) Three Bean Salad Strawberries & Milk
15 Pulled Pork Sandwich Baked Beans Chilled Pears & Milk	16 Asian Chicken Brown Rice Steamed Broccoli Chilled Applesauce & Milk	17 Whole Wheat Pizza Iceberg Garden Salad Chilled Peaches & Milk	18 Roasted Turkey Mashed Potatoes Steamed Carrots Chilled Mixed Fruit & Milk	19 Hot Meatball Sub Steamed Corn Warm Cinnamon Applesauce
22 Cheeseburger on Whole Wheat Roll Sweet Potato Fries Chilled Peaches & Milk	23 Chicken Caesar Salad with Cheese Breadstick String Cheese Stick Chilled Applesauce & Milk	24 Whole Wheat Pizza Three Bean Salad Chilled Pears & Milk	25 Grilled Cheese Sandwich Tomato Soup Steamed Corn Chilled Mixed Fruit & Milk 	26 Boneless Chicken Wings Rice Pilaf Carrots & Celery Sticks Chilled Pears & Milk
29 Buffalo Baked Stuffed Pasta Bosco Stick Cucumber Slices Chilled Pears & Milk	30 Popcorn Chicken Whole Wheat Dinner Roll Black Bean Salad Chilled Applesauce & Milk	31 Whole Wheat Pizza Broccoli Salad Chilled Peaches & Milk	Nov 1 Chicken & Biscuits Mashed Potatoes Steamed Broccoli Chilled Mixed Fruit & Milk	Nov 2 French Toast Sticks Sweet Potato Home Fries Sausage Chilled Pears & Milk
<u>Monday Lunch Alternates</u> PB&J Sandwich w/Cheese Stick Turkey Sandwich Ham & Cheese Sandwich Chicken Nuggets w/Breadstick	<u>Tuesday Lunch Alternates</u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Tacos with Lettuce & Cheese	<u>Wednesday Lunch Alternates</u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Chef Salad w/Breadstick	<u>Thursday Lunch Alternates</u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Chicken Burger on WW Roll	<u>Friday Lunch Alternates</u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Baked Haddock Sandwich
<u>Monday Breakfast Alternates</u> French Toast Sticks w/Syrup	<u>Tuesday Breakfast Alternates</u> Pancakes w/Syrup	<u>Wednesday Breakfast Alternates</u> Fresh Baked Cinnamon Rolls	<u>Thursday Breakfast Alternates</u> Breakfast Pizza	<u>Friday Breakfast Alternates</u> Egg & Sausage Sandwich

FREE BREAKFAST FOR ALL STUDENTS: Assorted Cereals, Mini Donuts, Fruit, 100% Fruit Juice & Milk
Available Daily with Lunch: Milk, Assorted Fresh Fruit & Vegetables

Breakfast	Prices	Lunch	Milk—\$0.45
FREE	5-8	\$1.00	
FREE	Reduced Price	FREE	

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A NEW FORM NEEDS TO BE COMPLETED EACH NEW SCHOOL YEAR
 Get a form at gsk12.org, or at any school office

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