

GHMVS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • plain bagel w/ cream cheese • assorted cereal 	<ul style="list-style-type: none"> • blueberry muffin • assorted cereal
NATIONAL SCHOOL BREAKFAST WEEK			1	2
<ul style="list-style-type: none"> • dipper doodle bar • assorted cereal 	<ul style="list-style-type: none"> • yogurt w/ granola • assorted cereal 	<ul style="list-style-type: none"> • lemon muffin • assorted cereal 	<ul style="list-style-type: none"> • breakfast cinnamon crumbles • assorted cereal 	<ul style="list-style-type: none"> • blueberry burst whole grain bagel w/ cream cheese • assorted cereal
5	6	7	8	9
<ul style="list-style-type: none"> • NO SCHOOL 	<ul style="list-style-type: none"> • NO SCHOOL 	<ul style="list-style-type: none"> • NO SCHOOL 	<ul style="list-style-type: none"> • NO SCHOOL 	<ul style="list-style-type: none"> • NO SCHOOL
12	13	14	15	16
<ul style="list-style-type: none"> • SHELF STABLE cheerios 	<ul style="list-style-type: none"> • blueberry muffin • assorted cereal 	<ul style="list-style-type: none"> • lemon muffin • assorted cereal 	<ul style="list-style-type: none"> • breakfast cinnamon crumble • assorted cereal 	<ul style="list-style-type: none"> • blueberry burst whole grain bagel w/ cream cheese • assorted cereal
19	20	21	22	23
<ul style="list-style-type: none"> • cinnamon chex/zac attack • strawberry • assorted cereal 	<ul style="list-style-type: none"> • cinnamon graham/cinnamon rumbles • assorted cereal 	<ul style="list-style-type: none"> • o • french toast muffin • assorted cereal 	<ul style="list-style-type: none"> • plain whole wheat bagel w/ cream cheese • assorted cereal 	<ul style="list-style-type: none"> • NO SCHOOL
26	27	28	29	30

What's New?

National School Breakfast Week is March 5 – 9!

Celebrate with our NEW Breakfast Scrambles with Scoops!

did you know?
studies show that students who eat breakfast have improved attention and memory, which leads to higher reading and math scores!



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

This institution is an equal opportunity provider

March

GHMVS LUNCH

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) green chile & cheese tamale (VG) chicken pizza party salad broccoli 	<ul style="list-style-type: none"> spaghetti and meatballs (DF) crispy chicken sandwich (DF) southwest veggie wrap (VG) pinto beans baby carrots
<ul style="list-style-type: none"> chicken bites chicken sausage & cheddar eggel sandwich sunbutter & jelly sandwich (VG) steamed carrots 	<ul style="list-style-type: none"> classic chicken parm pasta hot dog (DF) southwest veggie wrap (VG) green peas 	<ul style="list-style-type: none"> cheese pizza (VG) chicken potstickers w/ not so fried rice chicken caesar wrap cucumber w/ ranch 	<ul style="list-style-type: none"> fiesta scoops w/ three layer dip (VG) *NEW* rainbow veggie pizza (VG) mighty meaty deli sandwich broccoli 	<ul style="list-style-type: none"> EARLY RELEASE
<ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> NO SCHOOL
12	13	14	15	16
<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage crispy chicken sandwich (DF) sunbutter & jelly sandwich (VG) steamed carrots 	<ul style="list-style-type: none"> cheesy ravioli (VG) buffalo chicken crunchadilla sesame chicken salad broccoli 	<ul style="list-style-type: none"> cheese pizza (VG) sloppy joe (DF) bbq chicken wrap seasoned green beans w/ ranch 	<ul style="list-style-type: none"> chicken bites creamy pasta alfredo (VG) mighty meaty deli sandwich steamed corn 	<ul style="list-style-type: none"> pepper jack cheeseburger hearty veggie chili w/ mini cornbread (VG) chicken caesar wrap pinto beans baby carrots
19	20	21	22	23
<ul style="list-style-type: none"> cheese enchiladas (VG) cheesy pizza bite meal (VG) turkey & cheddar sandwich steamed corn 	<ul style="list-style-type: none"> kickin chicken melt sandwich hot dog (DF) egg salad sandwich (DF) glazed carrots 	<ul style="list-style-type: none"> cheeseburger cheese pizza bite meal (VG) buffalo chicken wrap celery sticks w/ ranch 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet green chile & cheese tamale (VG) chicken pizza party salad broccoli 	<ul style="list-style-type: none"> NO SCHOOL
26	27	28	29	30

What's New?

Join the Pizza Party!
Try our new **Veggie Pizza** with all of its cheesy deliciousness.

Look for it on **MARCH 8!**



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

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

○ Vegetable of the day

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