

## GHMVS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>plain bagel w/ cream cheese</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>assorted cereal</li> </ul>
			1	2
N A T I O N A L S C H O O L B R E A K F A S T W E E K				
<ul style="list-style-type: none"> <li>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>breakfast cinnamon crumbles</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry burst whole grain bagel w/ cream cheese</li> <li>assorted cereal</li> </ul>
5	6	7	8	9
<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>NO SCHOOL</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>SHELF STABLE cheerios</li> </ul>	<ul style="list-style-type: none"> <li>blueberry muffin</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>breakfast cinnamon crumble</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>blueberry burst whole grain bagel w/ cream cheese</li> <li>assorted cereal</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>cinnamon chex/zac attack strawberry</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>cinnamon grahams/cinnamon rumbles</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>o</li> <li>french toast muffin</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>plain whole wheat bagel w/ cream cheese</li> <li>assorted cereal</li> </ul>	<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>
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"> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>green chile &amp; cheese tamale (VG)</li> <li>chicken pizza party salad</li> <li>broccoli</li> </ul>	<ul style="list-style-type: none"> <li>spaghetti and meatballs (DF)</li> <li>crispy chicken sandwich (DF)</li> <li>southwest veggie wrap (VG)                             <ul style="list-style-type: none"> <li>pinto beans</li> <li>baby carrots</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>chicken bites</li> <li>chicken sausage &amp; cheddar eggel sandwich</li> <li>sunbutter &amp; jelly sandwich (VG)</li> <li>steamed carrots</li> </ul>	<ul style="list-style-type: none"> <li>classic chicken parm pasta</li> <li>hot dog (DF)</li> <li>southwest veggie wrap (VG)</li> <li>green peas</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>chicken potstickers w/ not so fried rice</li> <li>chicken caesar wrap</li> <li>cucumber w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>fiesta scoops w/ three layer dip (VG)</li> <li><b>*NEW*</b> rainbow veggie pizza (VG)</li> <li>mighty meaty deli sandwich</li> <li>broccoli</li> </ul>	<ul style="list-style-type: none"> <li>EARLY RELEASE</li> </ul>
• NO SCHOOL	• NO SCHOOL	• NO SCHOOL	• NO SCHOOL	• NO SCHOOL
<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>crispy chicken sandwich (DF)</li> <li>sunbutter &amp; jelly sandwich (VG)</li> <li>steamed carrots</li> </ul>	<ul style="list-style-type: none"> <li>cheesy ravioli (VG)</li> <li>buffalo chicken crunchadilla</li> <li>sesame chicken salad</li> <li>broccoli</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>sloppy joe (DF)</li> <li>bbq chicken wrap</li> <li>seasoned green beans w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>chicken bites</li> <li>creamy pasta alfredo (VG)</li> <li>mighty meaty deli sandwich</li> <li>steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>pepper jack cheeseburger</li> <li>hearty veggie chili w/ mini cornbread (VG)</li> <li>chicken caesar wrap</li> <li>pinto beans</li> <li>baby carrots</li> </ul>
• cheese enchiladas (VG)	• kickin chicken melt sandwich	• cheeseburger	• breakfast for lunch: pancakes w/ omelet	• NO SCHOOL
• cheesy pizza bite meal (VG)	• hot dog (DF)	• cheese pizza bite meal (VG)	• green chile & cheese tamale (VG)	
• turkey & cheddar sandwich	• egg salad sandwich (DF)	• buffalo chicken wrap	• chicken pizza party salad	
• steamed corn	• glazed carrots	• celery sticks w/ ranch	• broccoli	

### 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 (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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