


GESU Elementary Lunch Menu- January/February

New Daily A La Carte Items: 2 Different Soups on Tues. Wed. Thur. & Fri.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 22 Meatball Sub OR Grilled Cheese Mandarin Oranges Carrots Milk or Water Nachos w/Cheese Tomato Soup	January 23 Beef OR Chicken Soft Taco OR Grilled Cheese Roasted Potatoes Peaches Milk or Water Pretzel Chicken & Rice Soup	January 24 Cheeseburger Brussel Sprouts <i>Baked</i> Waffle Fries Milk or water OR Pizza Tomato Soup	January 25 Belgian Waffle WG W/Sausage Links OR Grilled Cheese Sandwich Broccoli & Pineapple Milk or Water Fresh Smoothie Chicken & Rice Soup	January 26 Chicken Nuggets <i>Baked</i> Sweet Wff Fries Fruit Salad Milk or water OR Pizza Chicken & Rice Soup
January 29 Chicken Lo Mein & Fried Rice OR Hot Dog WG Bun Oranges Green Beans Milk or Water Nachos w/Cheese Potato Bacon Soup	January 30 Beef or Chicken Soft Taco OR Hot Dog WG Bun Peppers, Corn & Rice Pineapple Milk or Water Pretzels Corn Chowder Soup	January 31 Hot Dog WG Bun Green Beans <i>Baked</i> Smile Fries Milk or water OR Pizza Potato & Bacon Soup	February 1 French Toast WG w/ Sausage Links OR Hot Dog WG Bun Broccoli & Warm Apples slices Milk or Water Corn Chowder Soup Fresh Smoothie	February 2 Chicken Tenders <i>Baked</i> Tater Tots Fruit Salad Milk or Water OR Pizza Potato & Bacon
February 5 French Dip Beef Sandwich OR BBQ Chicken Sandwich Blueberry Crisp & Cauliflower Milk or Water Nachos w/Cheese Italian wedding Soup w/Cheese	February 6 Beef or Chicken Soft Taco OR BBQ Chicken Sandwich Corn & Pears Milk or Water Pretzels Chicken Noodle Soup	February 7 BBQ Chicken Sandwich Green Beans <i>Baked</i> Fries Milk or water OR Pizza Italian wedding Soup	February 8 Donut Holes & Sausage Links WG OR BBQ Chicken Sandwich WG Bun Grapes & Brussel Sprouts Milk or Water Fresh Smoothie Chicken Noodle Soup	February 9 Popcorn Chicken Fruit Salad <i>Baked</i> Waffle Fries Milk or water OR Pizza Italian wedding Soup
February 12 Pasta Marinara W/ Garlic Stick OR Corn Dogs Carrots Peaches Milk or Water Nachos w/Cheese Tomato Basil Soup	February 13 Beef or Chicken Soft Taco OR Corn Dog Roasted Potatoes & Corn Milk or Water Pretzels Chicken Dumpling	February 14 Cheese Pierogis Mixed Veggies <i>Baked</i> Smile Fries Milk or water OR Pizza Tomato Basil Soup	February 15 Chocolate Chip Pancake w/ Sausage Links OR Corn Dog Broccoli & Fruit Slushy Milk or Water Chicken Dumpling Soup	February 16 No School
February 19 No School 	February 20 Beef or Chicken Soft Taco OR Crispy Chicken Sandwich /WG Bun Corn & Rice Fresh Pineapple Milk or Water Pretzels Chicken Noodle Soup	February 21 Crispy Chicken Sandwich /WG Bun Warm Apples & <i>Baked</i> Fries Milk or water OR Pizza Corn Chowder Soup	February 22 Bacon, Egg & Cheese Muffin OR Crispy Chicken Sandwich WG Bun Oranges & Green Beans Milk or Water Fresh Smoothie Chicken Noodle Soup	February 23 Baked Potato Bar <i>Baked</i> Sweet Potato Fries Fruit Salad & Broccoli Milk or water OR Pizza Corn Chowder Soup

The "WG" on the menu indicates the product is "Whole Grain". Whole grains foods have many nutritional benefits including their fiber which helps to keep us full longer after eating them!



Menus are subject to change.



Combo Lunch Price....\$3.50
Entrée Only.....\$2.50
Side Only.....\$1.00

Pizza Days are Wed. & Fri.
\$2.50 Sold Only by the Slice.

A La Carte Selections

- Grilled Chicken Salad \$5.00
 - Baked Muffin \$1.00(M, W & F)
 - Yogurt Parfait w/granola \$2.50
 - Side Salad \$2.50
 - Entrée Only \$2.50
 - Soup and Roll \$2.50
 - Fresh Turkey OR Ham Wraps \$3.25
 - Assorted Snacks \$1.00 - \$2.00
 - Seasonal Hand Fruit \$1.00
 - Assorted Milk \$.50
 - Cheese Stick \$.50
 - Assorted Ice Cream \$1.00 - \$2.50
 - Assorted Beverages \$1.50
 - Soft Pretzel \$1.25 - Tuesday
 - Nachos \$2.00 - Monday
 - Smoothies \$1.50 - Thursday
- * Please Note that ALL Combo Meals are served w/two sides & your choice of Milk or Water.**

