

# GESU Elementary Lunch Menu- January & February

## New this Month and every Thursday- S'mores for \$1.00

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>January 14</b><br><b>Teriyaki Chicken and Fried Rice OR Hot Dogs WG Bun</b><br>Broccoli<br>Mandarin Oranges<br>Milk or Water<br>Nachos w/Cheese<br>Chicken Tortilla Soup | <b>January 15</b><br><b>Beef OR Chicken Soft Taco OR Hot Dog WG Bun</b><br>Corn & Pineapple<br>Milk or Water<br>Pretzel<br>Chicken Tortilla Soup               | <b>January 16</b><br><b>Hot Dog WG Bun</b><br>Mixed Veggies & <i>Baked</i> Waffle Fries<br>Milk or water<br>OR<br>Pizza Muffins<br>Chicken Tortilla Soup             | <b>January 17</b><br><b>Waffles WG W/Sausage Links OR Hot Dog WG Bun</b><br>Carrots & Grapes<br>Milk or Water<br>S'more<br>Fresh Smoothie<br>Chicken Tortilla Soup                  | <b>January 18</b><br><b>Chicken Tenders <i>Baked</i> Smile Fries</b><br>Fruit Salad<br>Milk or Water<br>OR<br>Pizza Muffin<br>Chicken Tortilla Soup    |
| <b>January 21</b><br>No School  | <b>January 22</b><br><b>Beef or Chicken Soft Taco OR Hamburger WG Bun</b><br>Rice<br>Pineapple<br>Milk or Water<br>Pretzels<br>Chicken Noodle Soup             | <b>January 23</b><br><b>Hamburger WG Bun</b><br>Brussel Sprouts<br><i>Baked</i> Tater Tots<br>Milk or water<br>OR<br>Pizza Muffin<br>Chicken Noodle Soup             | <b>January 24</b><br><b>French Toast WG W/Sausage Links OR Hamburger WG Bun</b><br>Green Beans & Mandarin Oranges<br>Milk or Water<br>Smoothie & S'more<br>Chicken Noodle Soup      | <b>January 25</b><br><b>Popcorn Chicken</b><br>Fruit Slushy<br><i>Baked</i> Waffle Fries<br>Milk or water<br>OR<br>Pizza Muffin<br>Chicken Noodle Soup |
| <b>January 28</b><br><b>BBQ Pulled Pork Sandwich OR Corn Dog WG</b><br>Veggies & Oranges<br>Milk or Water<br>Nachos w/Cheese<br>Italian Wedding Soup                        | <b>January 29</b><br><b>Beef or Chicken Soft Taco OR Corn Dogs WG</b><br>Corn & Peaches<br>Milk or Water<br>Pretzels<br>Italian Wedding Soup                   | <b>January 30</b><br><b>Corn Dogs WG</b><br><i>Baked</i> Tater Tots<br>Grapes<br>Milk or Water<br>OR<br>Pizza Muffin<br>Italian Wedding Soup                         | <b>January 31</b><br><b>Students Choice OR Corn Dog WG</b><br>Fruit Salad & Green Beans<br>Milk or Water<br>S'more<br>Fresh Smoothie<br>Italian Wedding Soup                        | <b>February 1</b><br><b>Chicken Nuggets</b><br>Fruit Slushy & Broccoli<br>Milk or water<br>OR<br>Pizza Muffin<br>Italian Wedding Soup                  |
| <b>February 4</b><br><b>Cheese Pierogis OR BBQ Chicken Sandwich WG Bun</b><br>Carrots<br>Warm Apples<br>Milk or Water<br>Nachos w/Cheese<br>Chicken Dumpling Soup           | <b>February 5</b><br><b>Beef or Chicken Soft Taco OR BBQ Chicken Sandwich WG Bun</b><br>Pineapple & Corn<br>Milk or Water<br>Pretzels<br>Chicken Dumpling Soup | <b>February 6</b><br><b>BBQ Chicken Sandwich WG Bun</b><br>Mixed Veggies<br><i>Baked</i> Smile Fries<br>Milk or water<br>OR<br>Pizza Muffin<br>Chicken Dumpling Soup | <b>February 7</b><br><b>Pasta Marinara w/Garlic Stick OR BBQ Chicken Sandwich WG Bun</b><br>Broccoli & Grapes<br>Milk or Water<br>S'more<br>Fresh Smoothie<br>Chicken Dumpling Soup | <b>February 8</b><br><b>Chicken Tenders <i>Baked</i> Tater Tots</b><br>Fruit Salad<br>Milk or Water<br>OR<br>Pizza Muffin<br>Chicken Dumpling Soup     |
| <b>February 11</b><br><b>Grilled Cheese OR Hot Dog /WG Bun</b><br>Mandarin Oranges<br>Broccoli<br>Milk or Water<br>Nachos w/Cheese<br>Tomato Basil Soup                     | <b>February 12</b><br><b>Beef or Chicken Soft Taco OR Hot Dog /WG Bun</b><br>Corn & Rice<br>Fresh Pineapple<br>Milk or Water<br>Pretzels<br>Tomato Basil Soup  | <b>February 13</b><br><b>Hot Dog /WG Bun</b><br>Peaches & <i>Baked</i> Fries<br>Milk or water<br>OR<br>Pizza Muffin<br>Tomato Basil Soup                             | <b>February 14</b><br><b>Special Valentines Pancake w/ Sausage Link OR Hot Dog WG Bun</b><br>Grapes & Green Beans<br>Milk or Water<br>S'more<br>Tomato Basil Soup                   | <b>February 15</b><br>No School  |

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 & S'mores \$1.00
  - 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 \$1-1.50
  - Soft Pretzel \$1.25 - Tuesday
  - Nachos \$2.00 - Monday
  - Smoothies \$1.50 -

\* Please Note that ALL Combo Meals are served w/two sides & your choice of Milk or Water.

