

GMTC

August & September 2009

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31st</p> <p>burgers & dogs veggie burgers mostacholi baked beans tossed, pasta & potato salad watermelon</p>	<p>1st</p> <p>chicken nuggets eggplant parmesan french fries peas * cream of mushroom soup b-bq pork rib sandwich</p>	<p>2nd</p> <p>spaghetti w/ meat marinara or alfredo steamed red potatoes mixed vegetables * vegetable soup steak & cheese wrap</p>	<p>3rd</p> <p>taco bar broccoli quiche white rice corn * tomato soup chicken parmesan sandwich</p>	<p>4th</p> <p>NO SCHOOL</p>
<p>7th</p> <p>NO SCHOOL</p>	<p>8th</p> <p>chicken patty veggie burger french fries green beans * mushroom barley soup meat ravioli</p>	<p>9th</p> <p>meatball sub mac & cheese mashed potato carrots * split pea soup fish wedges</p>	<p>10th</p> <p>goulash cheese quesadilla onion rings beets chicken noodle soup sloppy joe on a bun</p>	<p>11th</p> <p>chicken fajita nachos mexican rice broccoli & cheese sauce vegetable beef soup gyro</p>
<p>14th</p> <p>beef stroganoff waffle bar w/ fruit potato patty carrots chicken rice soup hot dogs</p>	<p>15th</p> <p>chicken pot pie grilled cheese stuffing cauliflower beef noodle soup steak & cheese sub</p>	<p>16th</p> <p>meat lasagna cheese quesadilla italian rice mixed vegetables french onion soup beef & bean burrito</p>	<p>17th</p> <p>pepperoni pizza mushroom pizza butter & herb pasta peas & carrots chicken vegetable soup fish sandwich</p>	<p>18th</p> <p>chicken nuggets veggie eggroll french fries spinach chicken rice soup chicken quesadilla</p>
<p>21st</p> <p>sloppy joe on a bun baked ziti mashed potato green beans * vegetable noodle soup turkey bacon ranch wrap</p>	<p>22nd</p> <p>chicken stir fry nachos ranch rice broccoli -n- cheese beef barley soup monte cristo sandwich</p>	<p>23rd</p> <p>spaghetti w/ meat marinara or alfredo steamed red potatoes french green beans oriental chicken soup grilled rubeen</p>	<p>24th</p> <p>enchilada casserole french toast sticks hash brown potato carrots * corn chowder vermonter</p>	<p>25th</p> <p>hamburger bar eggplant parmesan french fries beets irish stew fish nuggets</p>
<p>28th</p> <p>taco bar veggie eggroll butter & herb rice corn * vegetable soup grilled cheese burger</p>	<p>29th</p> <p>meatlovers calzone cheese calzone ranch pasta peas * cream of mushroom soup sloppy joe on a bun</p>	<p>30th</p> <p>chicken patty veggie parmesan french fries carrots chicken vegetable soup meatball sub</p>	<p>STUDENT LUNCH \$2.75 ADULT \$3.50 VEGETARIAN ENTRÉE OFFERED DAILY FULL DELI BAR OFFERED EVERY DAY TOSSED SALADS & SALAD BAR OFFERED DAILY EACH MEAL INCLUDES A DESSERT & MILK * VEGETARIAN SOUPS</p>	

