

GARAWAY 7-12 MENU

November 2018 – January 2019

Please note our new menu format for the Garaway High & Middle School. We understand that time is very important and our customers do not like to wait in long lines. We hope that this new format will balance out the lines so everyone can have plenty of options and more time to eat.

Soup's On! – Look for a hot soup to add to your meal as a side dish OR grab a bowl of Chili on Monday's as an entrée choice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast and Snack Cart open from 7:15 AM – 10:30 AM	Breakfast and Snack Cart open from 7:15 AM – 10:30 AM	Breakfast and Snack Cart open from 7:15 AM – 10:30 AM	Breakfast and Snack Cart open from 7:15 AM – 10:30 AM	Breakfast and Snack Cart open from 7:15 AM – 10:30 AM
Hot Breakfast Special – Egg & Cheese Breakfast Sandwich	Hot Breakfast Special – Sausage Gravy & Biscuit	Hot Breakfast Special – Apple Cinnamon Texas Toast	Hot Breakfast Special – Bacon, Egg & Cheese Pizza	Hot Breakfast Special – Pancake & Sausage on a Stick
<i>Line 1:</i> Pizza of the Day – Stuffed Crust Pepperoni Pizza	<i>Line 1:</i> Pizza of the Day – Buffalo Chicken	<i>Line 1:</i> Pizza of the Day – Chicken Bacon Ranch Pizza	<i>Line 1:</i> Pizza of the Day – 4 Meat Pizza	<i>Line 1:</i> Pizza of the Day – Barbecue Chicken Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Beef Steak Burgers – Have it your way – Bacon Cheeseburger, Cheeseburger or Hamburger	Beef Steak Burgers – Have it your way – Bacon Cheeseburger, Cheeseburger or Hamburger	Beef Steak Burgers – Have it your way – Bacon Cheeseburger, Cheeseburger or Hamburger	Beef Steak Burgers – Have it your way – Bacon Cheeseburger, Cheeseburger or Hamburger	Beef Steak Burgers – Have it your way – Bacon Cheeseburger, Cheeseburger or Hamburger
Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Crispy Chicken Sandwich
<i>Line 2 & Grab & Go:</i>	<i>Line 2 & Grab & Go:</i>	<i>Line 2 & Grab & Go:</i>	<i>Line 2 & Grab & Go:</i>	<i>Line 2 & Grab & Go:</i>
<u>Mini Corn Dogs or Hotdog on a Bun</u>	<u>Walking Tacos or Loaded Nachos</u>	<u>Chicken Bowl – AKA Hawk' Nest</u>	<u>Stir Fry – Teriyaki Chicken or General Tso's Chicken w/ Rice</u>	<u>Cheesy Pull-Apart Bread w/ Marinara Sauce</u>
Fruit & Yogurt Parfaits	Fruit & Yogurt Parfaits	Fruit & Yogurt Parfaits	Fruit & Yogurt Parfaits	Fruit & Yogurt Parfaits
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Big Mac Salad Chef Salad	Chicken Fajita Salad Chef Salad	American Harvest Salad Chef Salad	Chicken Bacon Ranch Salad Chef Salad	Oriental Chicken Salad Chef Salad
Bistro Box Options – These are Low Carb options – Grain Options available in our bread basket at register.	Bistro Box Options – These are Low Carb options – Grain Options available in our bread basket at register.	Bistro Box Options – These are Low Carb options – Grain Options available in our bread basket at register.	Bistro Box Options – These are Low Carb options – Grain Options available in our bread basket at register.	Bistro Box Options – These are Low Carb options – Grain Options available in our bread basket at register.
#1 – Beef Sticks, Cheese Cubes, Carrots & Celery Sticks	#1 – Beef Sticks, Cheese Cubes, Carrots & Celery Sticks	#1 – Beef Sticks, Cheese Cubes, Carrots & Celery Sticks	#1 – Beef Sticks, Cheese Cubes, Carrots & Celery Sticks	#1 – Beef Sticks, Cheese Cubes, Carrots & Celery Sticks
#2 – Two Hard Cooked Eggs, Red Pepper Strips & Cucumber Slices	#2 – Two Hard Cooked Eggs, Red Pepper Strips & Cucumber Slices	#2 – Two Hard Cooked Eggs, Red Pepper Strips & Cucumber Slices	#2 – Two Hard Cooked Eggs, Red Pepper Strips & Cucumber Slices	#2 – Two Hard Cooked Eggs, Red Pepper Strips & Cucumber Slices

Make it a Meal

Easy Grab & Go side dishes available:

- Fresh Apples (12)
- Fresh Oranges (10)
- Fresh Bananas (27)
- Fresh Red Grapes (23)
- Applesauce Cup (14)
- Flavored Applesauce Cups (17)
- Diced Peaches (16)
- Raisins (31)
- Craisins (28)
- Strawberry Cup (22)
- Frozen Peach Cup (19)
- Asst. Juice (14)

Daily Vegetable Options:

- Tossed Salad (4)
- Baby Carrots (2)
- Assorted Fresh Vegetables – cucumber slices, red pepper strips, grape tomatoes, fresh broccoli
- Roasted Red Pepper Hummus Dip

Daily Milk Options:

- 1% White Milk
- 1% Chocolate Milk
- Fat Free Strawberry Milk

Follow us on Facebook @childnutritionEHG or Instagram @garawaymeals. Get the latest lunch photos or watch for menu updates.