

Garaway Local Schools Lunch Menu - March 2017

6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Mozzarella Stuffed Breadsticks (2) - 32 Marinara Sauce - 8 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Walking Tacos (Meat, Chips, Cheese, Lettuce) - 28 Taco Toppings - Cowboy Salsa - 12, Tomato Salsa - 8, Green Onions - 2, Diced Tomatoes - 7, Jalapenos - 1 Diced Peaches - 16 Milk*	Chicken & Noodles - 22 Peach Oatmeal Muffin Square - 34 Green Beans - 4 Vegetables* Milk*	Stuffed Crust Pizza - Pepperoni or Cheese - 38 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Mini Corn Dogs (5) - 25 Small Garden Salad - 4 Mixed Vegetables - 9 Asst Fruits and Vegetables* Milk*
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Chicken Patty Sandwich - 40 French Fries - 27 Asst Fruits and Vegetables* Milk*	Macaroni & Cheese - 22 Blueberry Oatmeal Muffin Square - 34.2 Green Beans - 4 Asst Fruits and Vegetables* Milk*	Popcorn Chicken (11) - 14 Mashed Potatoes w/ Gravy - 21 Steamed Corn - 16 Asst Fresh Fruit & Veggies* Milk*	Stuffed Crust Pizza - Pepperoni or Cheese - 38 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Toasted Cheese Sandwich - 28 Tomato Soup - 20 Asst Fruits and Vegetables* Milk*
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Cheeseburgers - 24 French Fries - 27 Diced Pears - 16 Asst Fruits and Vegetables* Milk*	Boneless Wings (5) - 15 BBQ Sauce (2T) - 18 Country Trio Vegetables - 9 Asst Fruits and Vegetables* Milk*	Hotdog on a Bun - 21 or Coney Dog - 26 French Fries - 27 Asst Fruits and Vegetables* Milk*	Stuffed Crust Pizza - Pepperoni or Cheese - 38 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Chicken Nuggets (5) - 16 & Roll - 14 Mashed Potatoes w/ Gravy - 21 Asst Fruits and Vegetables* Milk*
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Mozzarella Stuffed Breadsticks (2) - 32 Marinara Sauce - 8 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Walking Tacos (Meat, Chips, Cheese, Lettuce) - 28 Taco Toppings - Cowboy Salsa - 12, Tomato Salsa - 8, Green Onions - 2, Diced Tomatoes - 7, Jalapenos - 1 Diced Peaches - 16 Milk*	Chicken & Noodles - 22 Peach Oatmeal Muffin Square - 34 Green Beans - 4 Asst Fruits and Vegetables* Milk*	Stuffed Crust Pizza - Pepperoni or Cheese - 38 Large Garden Salad - 7 Asst Fruits and Vegetables* Milk*	Mini Corn Dogs (5) - 25 Small Garden Salad - 4 Mixed Vegetables - 9 Asst Fruits and Vegetables* Milk*

*Milk and Assorted Fruits and Veg on back

Numbers beside menu items represent Carb Counts

Optional Entrees available every day

PBJ Uncrustable, Cheese Stick, Goldfish	1 each	47
Yogurt Cup, Cheese Stick, Granola & Goldfish	1 each	55

Breakfast - Add up your breakfast numbers to equal 3-5. Can include 2 MG, 2 FR, 1 M - must have at least 1 FR.

MG = Breakfast Entrée

FR - Fruit

M - Milk

Monday	Tuesday	Wednesday	Thursday	Friday
WG Cereal Bowl - 1 MG 4 oz Yogurt - 1 MG * Mini Pancakes - 2 MG Assorted Fruit - 1 FR Fruit Juice - 1 FR Milk - 1 M	*Sausage Gravy & Biscuit - 2 MG Cinnamon Biscuit Bites - 2 MG Assorted Fruit - 1 FR Fruit Juice - 1 FR Milk - 1 M	*Bowl of Oatmeal - 1 GR 4 oz yogurt - 1 MG WG Cereal Bar - 1 MG String Cheese - 1 MG Assorted Fruit - 1 FR Fruit Juice - 1 FR Milk - 1 M	*Apple Cinn Texas Tst - 2 MG Cocoa Cherry Bar - 1 MG Hard Boiled Egg - 1 MG Assorted Fruit - 1 FR Fruit Juice - 1 FR Milk - 1 M	Strawberry Chex Mix - 1 MG 4 oz yogurt - 1 MG *Pancake on a Stick - 2 MG Assorted Fruit - 1 FR Fruit Juice - 1 FR Milk - 1 M

Garaway Local Schools Lunch Menu - March 2017

Menu Item	Serving Size	Carb Count
<u>Condiments</u>		
Ketchup	1 oz	8
Mustard	1 TSP	0
Honey French Salad Dressing	EACH	13
Lite Italian Dressing	EACH	3
Ranch Dressing	EACH	1
Mayonnaise	12gm	1
Barbecue Sauce	2 TBSP (37G)	18
Franks Hot Sauce	1 tbsp	23
Croutons	7 g (6 each)	5
<u>Fruits</u>		
Fresh Apple Slices	1/2 cup	12
Applesauce Cups	1/2 cup	14
Fruit Flavored Applesauce Cups	1/2 cup	22
Banana (Size 150 Ct)	1 each	27
Fresh Grapes	1/2 cup	14.7
Craisins	1 pkt	28
Diced Peaches	1/2 cup	16
Mixed Fruit	1/2 cup	16
Apple Juice	1/2 cup	13
Grape Juice	1/2 cup	19
Orange Pineapple Juice	1/2 cup	19
Orange Juice	1/2 cup	13
Peach Cup	1/2 cup	19
Diced Pears	1/2 cup	16
Raisins	1 pkt	30
Strawberries and Pineapple	1/2 cup	19
Strawberry Cups	1/2 cup	22
<u>Grain</u>		
Oatmeal Cookies	1 each	22.2
SPANISH RICE	1/3 cup	14.4
<u>Milk</u>		
Chocolate Milk	1 cup	24
Strawberry Milk	1 cup	24
1% Milk	1 cup	13
<u>Vegetables</u>		
Fresh Broccoli	1/2 cup	5
Baby Carrots (individual packets)	1 oz pkg	2
Carrots, Celery & Cucumbers	1/2 cup	3
Cauliflower Florets	1/2 cup	3
Celery Sticks	1/2 cup	2
Cucumber Sticks with Dip	1/2 cup	3
Small Garden Salad	1 cup	3.5
Large Garden Salad	2 cup	7
Hummus	1/8 cup	8

Meal Prices

- ***Paid Elementary Breakfast \$1.25***
- ***All students at Baltic Elementary eat breakfast for free***
- ***Paid 7-12 Breakfast \$1.75***
- ***Paid Adult Breakfast \$2.00***
- ***No charge for breakfast for Free and Reduced Students***
- ***Paid Elementary Lunch \$2.75***
- ***Paid 7-12 Lunch \$3.00***
- ***Reduced Lunch \$0.40***
- ***Adult Lunch \$3.50***