



October 2023 GHS MENU



STATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
Salad	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar
Grill Station		Burgers & French Fries		Philly Cheese steak	
Italian Bar	Penne Bolognese		Cheese Ravioli		Stuffed Shells
Vegetables	Steamed Broccoli	Corn & Edamame Salad	Curry Vegetables & Rice	Sweet Fries	Gingered Carrots
Chef's Table	Chicken Cord on Blu	Beef Nachos	Steamed Chicken Samossa	Vegetable Mac & Jac	Chicken Teriyaki
Teachers	Tuna Melt & Fries	Bi Bim Bap Bowl	Buffalo Chicken Wrap	Hot Roast Beef Cheddar & Mashed	Baked Potato w/ Toppings
	9	10	11	12	13
Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar
Grill Station	Chicken Quesadilla		Chicken Quesadilla		Grilled Cheese & Fries
Italian Bar	Penne Bolognese & Cheezy Bread	Cheese Ravioli W/Roll	Pasta Primavera W/ Cheezy Bread	Tortellini Marinara w/Roll	Beef Fajita Station
Vegetables	Brown Rice Pilaf	Black Bean Salad	String Beans	Roasted Potato Obrien	EMPANADAS
Chef's Table		Taco Tuesday's		Spuds & Nuggets	Chicken Rice & Candules
Teachers	Chicken Francaise	Reuben	Meatloaf w/Mash	Shepards Pie	Mexican Chicken Bowl
	16	17	18	19	20
Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar
Grill Station		Grilled Cheese & Fries		Grilled Hot Dogs	
Italian Bar	Penne Marinara		Beef Ravioli marinara		Mac & Cheese
Vegetables	Sweet Potato Fries	Garlic Cheezy Bread	Roasted Corn	Creamy Cole Slaw	Mashed Potato
Chef's Table	Mc Riblet Sandwich	Chicken Chili	Fish Sticks Tartar Sauce	Beef and Broccoli	Chicken Fingers
Teachers	Chicken PoH BoY	Asian Beef Bowl	Harvest Salad	Meatball Hero	Eggplant Parm
	23	24	25	26	27
Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar
Grill Station	Chicken Quesadilla		Grilled Hot Dogs		Burgers & Fries
Italian Bar		Tortellini		Cheese Ravioli	
Vegetables	Blk. Bean Salad	Roasted Corn	Bell Peppers and Mushrooms	Broccoli	Honey Carrots
Chef's Table	Chicken & Broccoli	Chicken Burritos	Dumpling Station	Spuds & Nuggets	Chicken Parm
Teachers	Buffalo Chicken Wrap	Chicken Fajita Bowl	Chicken Marsala	Roasted Beef Melt	Honey Lemon Rice Bowl
	30	31			
Salad Bar	Fall Salad Bar	Fall Salad Bar		the 13th is Spanish Heritage Day in the Café Come and ENJOY	
Grill Station	Grilled Cheese & Fries				
Italian Bar		Penne Bolognese			
Vegetables	Ginger Carrots	Edamame			
Chef's Table	Pasta with Miso Sauce	Taco Tuesday			
Teachers	Reuben	Sausage & Peppers Hero			

Available Daily: Whole Wheat Breads and Bagels with String Cheese... Sunbutter & Jelly Sandwich. Assorted Whole Wheat Cereal, Granola Parfaits, Hummus and Crunchy Chips. Fresh Fruits: Various Seasonal Apples, Oranges, Bananas, 1% Milk and Juices are all included with your complete meal. Special Needs or Gluten Free are Upon Request.