




November 2023 GHS MENU



STATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1	2	3
Salad			Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	
Grill Station				Philly Cheese steak		
Vegetables			Curry Vegetables & Rice	Sweet Potato Fries	Gingered Carrots	
Hot Table			Cheese Ravioli	Chicken Teriyaki	Vegetable Mac & Jac	
Teachers			Buffalo Chicken Wrap	Hot Roast Beef Cheddar & Mashed	Baked Potato w/ Toppings	
	6	7	8	9	10	
Salad Bar	Fall Salad Bar	Election Day VOTE GO	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	
Grill Station	Chicken Quesadilla		Grilled Cheese & Fries		Chicken Quesadilla	
Vegetables	Brown Rice Pilaf		String Beans	Roasted Potato O'Brien	Rice & Gandules	
Hot Table	Tortellini Marinara w/Roll		Pasta Primavera & Cheezy Bread	Cheese Ravioli	Beef Fajita Station	
Teachers	Chicken Francaise		Meatloaf w/Mash	Shepherd's Pie	Mexican Chicken Bowl	
	13	14	15	16	17	
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 w/Tartar Sauce	Beef and Broccoli	Chicken Fingers	
Teachers	Chicken Po' Boy	Asian Beef Bowl	Harvest Salad	Meatball Hero	Eggplant Parm	
	20	21	22	23	24	
Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar			
Grill Station	Chicken Quesadilla		Grilled Hot Dogs			
Italian Bar		Tortellini				
Vegetables	Blk. Bean Salad	Roasted Corn	Macaroni Salad			
Chef's Table	Chicken & Broccoli	Chicken Burritos	Dumpling Station			
Teachers	Buffalo Chicken Wrap	Chicken Fajita Bowl	Chicken Marsala			
	27	28	29	30		
Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar	Fall Salad Bar		
Grill Station	Grilled Cheese & Fries		Chicken Quesadillas			
Italian Bar		Penne Bolognese		Penne Marinara		
Vegetables	Ginger Carrots	Edamame	Roasted Edamame	SPUDS & NUGGETS		
Chef's Table	Pasta with Miso Sauce	Taco Tuesday	Cheese Ravioli	Chicken & Broccoli		
Teachers	Reuben	Sausage & Peppers Hero	Buffalo Chicken Wrap	Hot Roast Beef Cheddar & Mashed		

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.