

Grand Blanc Community Schools

***Made without Gluten Menu***

**Please contact the kitchen manager for order information**

**Breakfast - Carbs (g.)**

- Cinnamon Chex Cereal (23g) & String Cheese (1g)
- Honey Cheerios Cereal (22g) & String Cheese (1g)
- Blueberry Muffin (39g)
- Plain Bagel (47g) & Cream Cheese (1g) or Butter (0g)

**Lunch - Carbs (g.)**

- Turkey Sandwich (*bread 42g, turkey 0g*)
- Ham Sandwich (*bread 42g, ham 0g*)
- Chef Salad (*cheese 2g, lettuce 2g, tomato 1g*)
- Ham and Cheese Bagel (*bagel 47g, cheese 1g, ham 0g*)
- Grilled Cheese Sandwich (*bread 42g, cheese 4g*)
- Hot Dog (*bun 35g, hot dog 2g*)
- Sun Butter and Jelly (*bread 42g, sun butter 14g, jelly 26g*)
- Hamburger (*bun 44g, hamburger 1g*)
- Cheeseburger (*bun 44g, hamburger 1g, cheese 1g*)
- Nachos (**Elementary**) –seasoned beef, cheese, chips, lettuce, tomato, salsa  
(*chips 19g, beef 5g, cheese 6g, lettuce 1g, tomato 1g, salsa 4g*)
- Nachos (**MS / HS**) –seasoned beef, cheese, chips, lettuce, tomato, salsa  
(*chips 41g, beef 5g, queso 1g, shredded cheese 1g, lettuce 1g, tomato 1g, salsa 4g*)
- Cheese Pizza (crust 39g, cheese 4g, sauce 5g) w/ Pepperoni (1g)
- Pasta with Beef Marinara Sauce (pasta 30g, beef sauce 11g or marinara sauce 10g)

***All meals include fruit, vegetable & milk selections  
Students MUST select a fruit or a vegetable for a complete meal***

**Contact your school manager for ordering!**

Anderson	810 591-5837	McGrath	810 591-5836	High - East	810 591-1696
Brendel	810 591-6140	Myers	810 591-3013	High - West	810 591-6370
Cook	810 591-7914	Perry	810 591-6084	East Middle	810 591-4722
Indian Hill	810 591-4113	Reid	810 591-7130	West Middle	810 591-8388
Mason	810 591-7878				

**YOU must have signed medical documentation to receive these meals**  
***This institution is an Equal Opportunity Provider***