

Grand Blanc High School West Lunch Menu

A full student lunch includes choice of entrée, bread /grain, vegetable/fruit side dishes, and choice of milk.
Students MUST select a fruit or a vegetable to have a complete student meal.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Unique Foods Creatively Served! Assorted Fresh Fruit	<u>KICKIN' CHICKEN DAY</u> Breaded Chicken Leg Fluffy Dinner Roll French Fries Seasoned Corn Creamy Cole Slaw	<u>WINGS YOUR WAY</u> 4 – Bone-in Wings Pick Your Sauce to Toss Celery & Carrots Sticks Tortilla Chips & Cheese Fluffy Roll	<u>GENERAL TSO</u> Popcorn Chicken Bites Rice & General Tso Sauce Carrot, Broccoli, Edamame Water Chestnut, Garbanzo Beans	<u>CHICKEN ALFREDO</u> Diced Chicken / Alfredo Sauce Rotini Pasta Baked Bread Stick Steamed Broccoli Sautéed Mushrooms	<u>MASHED POTATO BOWL</u> Popcorn Chicken Bites Home Baked Roll Steamed Carrots / Corn Smashed Potatoes with Gravy
 HOT Sandwiches & Great EATS Lettuce - Tomato - Onion	Chicken Nuggets & Roll Cheddar Bacon BBQ Rib General Tso Dumplings Nashville Chicken Tater Tots	Spicy Chicken Sandwich Greek Beef Gyro Parmesan Chicken Sand. Cheese Quesadilla Tater Tots	Chicken Nuggets & Roll Philly Chez Steak Rice Bowl Cheeseburger Turkey, Bacon & Chez Panini Tater Tots	Spicy Chicken Sandwich Buffalo Chicken Dip & Chips French Toast Casserole Triple Cheese Panini Tater Tots	Chicken Nuggets & Roll Cheddar Bacon BBQ Rib Bacon Cheeseburger Buffalo Chicken Ranch Tater Tots
 Cheese Pizza Daily! Roma Herb Cheese Blend Marinara Dipping Sauce	Pepperoni Pizza BBQ Chicken Pizza Steamed Corn	French Bread Pepperoni Pizza Supreme Pizza Green Beans	Pepperoni Pizza Cheesy Stuffed Sticks Baked Beans	Meat Lovers Pizza Steamed Broccoli	Pepperoni Pizza Fiestada Pizza Glazed Carrots
 Flat Bread Pizza Made to Order Roma Herb Blend Daily	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham Diced Chicken, Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce, Mozzarella & Cheddar Pepperoni, Turkey Ham Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce, Mozzarella & Cheddar Pepperoni, Turkey Ham Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce, Mozzarella & Cheddar Pepperoni, Turkey Ham Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple
 Fresh Latin Cuisine Daily Selections Prepared To Your Specification. Using Unique Fresh Ingredients with Traditional Favorites	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Fajita Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Sautéed Peppers Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Fajita Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Sautéed Peppers Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce
 Fresh Fun Meals Prepared Daily	Crispy Chic Caesar Salad Yogurt and Berry Parfait Hummus and Veggies Cheesy Stuff Sticks / Marinara Corndog Nuggets / Tots Chicken & Cheese Sand / Tots Corn / Baby Carrots Fresh Fruit of the Day	Spicy Chicken Salad Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Romaine Lettuce /Tomatoes Fresh Fruit of the Day	Monterey Chicken Salad Yogurt and Berry Parfait Hummus and Veggies Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Garbanzo Beans / Broccoli Fresh Fruit of the Day	Turkey Club Salad / Roll Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Celery Sticks / Carrot Sticks Fresh Fruit of the Day	Crispy Chic Caesar Salad Yogurt and Berry Parfait Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll /Tots Corndog Nuggets / Tots Cucumbers / Fresh Carrots Fresh Fruit of the Day
 Fruit & Vegetable Bar fresh seasonal produce including local items	Fresh Carrots Corn Applesauce Fresh Fruit of the Day	Romaine Lettuce Salad Diced Tomatoes Pineapple Fresh Fruit of the Day	Garbanzo Beans Broccoli Bites Fresh Orange Wedges Fresh Fruit of the Day	Carrot Sticks Celery Sticks Juicy Grapes Fresh Fruit of the Day	Cucumbers Fresh Carrots Pears Fresh Fruit of the Day

ALL MENU Items contain zero grams of artificial Trans- Fat per serving.

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 HOT Sandwiches & Great EATS Lettuce - Tomato - Onion	Spicy Chicken Sandwich General Tso Dumplings Popcorn Chicken & Roll Triple Cheese Panini Tater Tots	Chicken Nuggets & Roll BIG Breakfast Bagel Nashville Chicken Sand Thai Chili Chix Tacos Tater Tots	Spicy Chicken Sandwich Ham & Cheese Pretzel Bun Cheeseburger Chicken Enchillada Tater Tots	Chicken Nuggets & Roll Turkey Bacon Cheese Panini Buffalo Chicken Dip / Chips Cheese Quesadilla Tater Tots	Spicy Chicken Sandwich Greek Beef Gyro Sweet Chili Pineapple Fish Wrap Triple Cheese Panini Tater Tots
 Cheese Pizza Daily! Roma Herb Cheese Blend Marinara Dipping Sauce	Pepperoni Pizza BBQ Chicken Pizza Warm Cinnamon Apples	French Bread Pepperoni Pizza Supreme Pizza Green Beans	Pepperoni Pizza Cheesy Stuffed Sticks Baked Potatoes	Meat Lover's Pizza Broccoli & Cheese	Pepperoni Pizza Fiestada Pizza Steamed Corn
 Flat Bread Pizza Made to Order Roma Herb Blend Daily	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Sausage Diced Chicken Mushrooms, Peppers Onions, Olives Banana Peppers	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Sausage Diced Chicken Mushrooms, Peppers Onions, Olives Banana Peppers	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Sausage Diced Chicken Mushrooms, Peppers Onions, Olives Banana Peppers	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Sausage Diced Chicken Mushrooms, Peppers Onions, Olives Banana Peppers	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Sausage Diced Chicken Mushrooms, Peppers Onions, Olives Banana Peppers
 Fresh Latin Cuisine Daily Selections Prepared To Your Specification. Using Unique Fresh Ingredients with Traditional Favorites	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Fajita Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Sautéed Peppers Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Fajita Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Sautéed Peppers Buffalo Ranch, Sour Cream Hot Sauce	Taco Meat Buffalo Diced Chicken Queso & Cheddar Cheese Tortilla Chips, Shells and Doritos Rice, Refried Beans, Salsa Romaine Lettuce Diced Tomato Pico de Gallo, Guacamole Steamed Corn Buffalo Ranch, Sour Cream Hot Sauce
 Fresh Fun Meals Prepared Daily	Crispy Chic Caesar Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Corndog Nuggets / Tater Tots Chicken & Cheese Sand / Tots Corn / Baby Carrots Fresh Fruit of the Day	Spicy Chicken Salad Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tater Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Garbanzo Beans / Broccoli Fresh Fruit of the Day	Monterey Chicken Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Cauliflower / Carrots Fresh Fruit of the Day	Roast Turkey Club Salad / Roll Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tater Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Cucumbers / Diced Tomato Fresh Fruit of the Day	Crispy Chic Caesar Salad Yogurt and Berry Parfait Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Romaine Salad / Carrots Fresh Fruit of the Day
 Fruit & Vegetable Bar featuring fresh seasonal produce including local items	Cauliflower Bites Corn Peaches Fresh Fruit of the Day	Garbanzo Beans Broccoli Bites Cantaloupe Wedge Fresh Fruit of the Day	Fresh Carrots Romaine Lettuce Juicy Pears Fresh Fruit of the Day	Cucumbers Diced Tomato Cinnamon Applesauce Fresh Fruit of the Day	Romaine Lettuce Salad Fresh Carrots Pineapple Fresh Fruit of the Day

2

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 HOT Sandwiches & Great EATS Lettuce - Tomato - Onion	Chicken Nuggets & Roll Cheddar Bacon BBQ Rib General Tso Dumplings Nashville Chicken Tater Tots	Spicy Chicken Sandwich Greek Beef Gyro Parmesan Chicken Sand. Cheese Quesadilla Tater Tots	Chicken Nuggets & Roll Philly Chez Steak Rice Bowl Cheeseburger Turkey, Bacon & Chez Panini Tater Tots	Spicy Chicken Sandwich Buffalo Chicken Dip & Chips French Toast Casserole Triple Cheese Panini Tater Tots	Chicken Nuggets & Roll Cheddar Bacon BBQ Rib Bacon Cheeseburger Buffalo Chicken Ranch Tater Tots
 Cheese Pizza Daily! Roma Herb Cheese Blend Marinara Dipping Sauce	Pepperoni Pizza BBQ Chicken Pizza Steamed Corn	French Bread Pepperoni Pizza Supreme Pizza Green Beans	Pepperoni Pizza Cheesy Stuffed Sticks Baked Beans	Meat Lovers Pizza Warm Cinnamon Apples	Pepperoni Pizza Fiestada Pizza Glazed Carrots
 Flat Bread Pizza Made to Order Roma Herb Blend Daily	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham, Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham, Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham, Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham, Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple	Flat Bread, Sauce Mozzarella & Cheddar Pepperoni, Turkey Ham, Diced Chicken Mushrooms, Peppers Onions, Olives Pineapple
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 Fresh Fun Meals Prepared Daily	Crispy Chic Caesar Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Corndog Nuggets / Tots Chicken & Cheese Sand / Tots Corn / Fresh Broccoli Fresh Fruit of the Day	Spicy Chicken Salad Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Carrots / Celery Sticks Fresh Fruit of the Day	Monterey Chicken Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Garbanzo Beans / Romaine Fresh Fruit of the Day	Roast Turkey Club Salad / Roll Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Romaine Salad /Tomatoes Fresh Fruit of the Day	Crispy Chic Caesar Salad Yogurt and Berry Parfait Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Cucumbers / Carrots Fresh Fruit of the Day
 Fruit & Vegetable Bar featuring fresh seasonal produce including local items	Broccoli Bites Corn Mandarin Oranges Fresh Fruit of the Day	Fresh Baby Carrots Celery Sticks Pineapple Fresh Fruit of the Day	Garbanzo Beans Romaine Lettuce Salad Peaches Fresh Fruit of the Day	Romaine Lettuce Salad Diced Tomatoes Orange Wedges Fresh Fruit of the Day	Cucumbers Fresh Carrots Yummy Pears Fresh Fruit of the Day

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 HOT Sandwiches & Great EATS Lettuce - Tomato - Onion	Spicy Chicken Sandwich General Tso Dumplings Popcorn Chicken & Roll Pepperoni & Mozz. Panini Tater Tots	Chicken Nuggets & Roll BIG Breakfast Bagel Nashville Chicken Sand Thai Chili Chix Tacos Tater Tots	Spicy Chicken Sandwich Ham & Cheese Pretzel Bun Cheeseburger Chicken Enchillada Tater Tots	Chicken Nuggets & Roll Turkey Bacon & Cheese Panini Buffalo Chicken Dip & Chips Cheese Quesadilla Tater Tots	Spicy Chicken Sandwich Greek Beef Gyro Sweet Chili Pineapple Fish Wrap Triple Cheese Panini Tater Tots
 Cheese Pizza Daily! Roma Herb Cheese Blend Marinara Dipping Sauce	Pepperoni Pizza BBQ Chicken Pizza Warm Cinnamon Apples	French Bread Pepperoni Pizza Supreme Pizza Green Beans	Pepperoni Pizza Cheesy Stuffed Sticks Baked Potatoes	Meat Lover's Pizza Broccoli & Cheese	Pepperoni Pizza Fiestada Pizza Steamed Corn
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 Fresh Fun Meals Prepared Daily	Crispy Chic Caesar Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Corndog Nuggets / Tater Tots Chicken & Cheese Sand / Tots Corn / Baby Carrots Fresh Fruit of the Day	Spicy Chicken Salad Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tater Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Broccoli / Cauliflower Bites Fresh Fruit of the Day	Monterey Chicken Salad Yogurt and Berry Parfait Hummus & Veggies Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Garbanzo Beans / Carrots Fresh Fruit of the Day	Roast Turkey Club Salad / Roll Yogurt and Berry Parfait Fruit & Yogurt Smoothie Chic Tenders / Roll / Tater Tots Mozzarella Sticks / Sauce Cheeseburger / Tater Tots Cucumbers & Diced Tomato Fresh Fruit of the Day	Crispy Chic Caesar Salad Yogurt and Berry Parfait Cheesy Stuff Sticks / Marinara Spicy Boneless Wings / Roll / Tots Corndog Nuggets / Tots Romaine / Fresh Carrots Fresh Fruit of the Day
 Fruit & Vegetable Bar featuring fresh seasonal produce including local items.	Fresh Baby Carrots Corn Applesauce Fresh Fruit of the Day	Fresh Broccoli Bites Cauliflower Bites Peaches Fresh Fruit of the Day	Garbanzo Beans Fresh Baby Carrots Pineapple Fresh Fruit of the Day	Cucumbers Diced Tomatoes Fresh Banana Fresh Fruit of the Day	Romaine Salad Fresh Carrots Yummy Pears Fresh Fruit of the Day

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