


# JULY 2017

# GCCARD

# LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PULLED BBQ CHICKEN 3 RANCH POTATO WEDGES GREEN BEANS WHOLE GRAIN BUN GREEN GRAPES BUNCH MILK	 4	GRILLED TURKEY BURGER 5 LEAF LETTUCE SLICED TOMATOES SWEET POTATO PUFFS WHEAT BUN MAYO & MUSTARD HONEY DEW MELON MILK	MEATBALL SUB SANDWICH 6 WITH SWISS CHEESE BABY CARROTS KEY WEST VEGGIES FRESH PEACH SUB BUN MILK	BAKED COD 7 WITH LEMON JUICE AU GRATIN POTATOES COLE SLAW CORN MUFFIN MARGARINE GOLDEN APPLE MILK
PUB BURGER W/CHEESE 10 BROCCOLI FLORETS MIXED VEGGIES WHOLE WHEAT BUN TROPICAL FRUIT SALAD MILK	CHUNKY TUNA SALAD 11 GREEN LEAF LETTUCE SLICED TOMATOES MARINATED BEET SALAD FRESH BANANA MILK	CHICKEN TENDERLOINS 12 WITH SAUCE FRENCH-STYLE GREEN BEANS BELGIAN CARROTS POTATO ROLL MARGARINE FRESH BLACKBERRIES MILK	VEGETABLE LASAGNA 13 COZUMEL VEGETABLE BLEND TOSSED SALAD W/TOMATOES FRESH PLUM POTATO ROLL MARGARINE MILK	PHILLY STEAK W/CHEESE 14 POTATO WEDGES VEGETABLE BLEND WHEAT SUB BUN PINEAPPLE SLICES MILK
SLOPPY JOE 17 DICED POTATOES WINTER BLEND VEGGIES WHEAT BUN GOLDEN APPLE MILK	HOMEMADE CHICKEN SALAD 18 TOSSED SALAD W/CHERRY TOMATOES THREE BEAN SALAD FRESH FRUIT SALAD SLICED WHEAT CROISSANT MILK	SALISBURY STEAK 19 W/GRAVY MASHED POTATOES KYOTO VEGGIES BLEND HAWAIIAN DINNER ROLL MARGARINE FRESH PLUM MILK	SPAGHETTI & MEATBALLS 20 IN SAUCE ITALIAN MIXED VEGGIES GREEN BEANS SLICED TIALIAN BREAD MARGARINE SLICED PEARS MILK	CHICKEN BREAST 21 REDSKIN POTATO SALAD EUROPEAN VEGGIES WHEAT BUN DICED PEACHES MILK
BONELESS CHICKEN WINGS 24 WHOLE KENNEL CORN GREEN BEANS POTATO ROLL MARGARINE FRESH PEACH MILK	BEEF PASTY W/GRAVY 25 SLICED CARROTS TOSSED SALAD SALAD DRESSSSING FRESH ORANGE MILK	CHICKEN PHILLY 26 W/CHEESE REDSKIN POTATO SALAD GREEN BEANS WHEAT SUB BUN FRESH PEAR MILK	BBQ TURKEY BURGER 27 PASTA VEGETABLE SALAD GREEN BEANS FRESH FRUIT SALAD HAMBURGER BUN MAYO & MUSTARD MILK	BAKED MACARONI & CHEESE 28 VEGGIE BLEND STEWED TOMATOES FRESH BANANA POTATO ROLLS MARGARINE MILK
RAVIOLI W/BEEF & SAUCE 31 ITALIAN BLEND VEGGIES CORN & BLACK BEAN BREAD STICKS MARGARINE FRESH STRAWBERRIES MILK				

PLEASE CALL IN THE DAY BEFORE BY 1:00 P.M. TO SCHEDULE FOR LUNCH 810-658-1566