




Gadsden City High School

Home of the **TITANS**

October Grab & Go

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
	Pancakes, Strawberries & Cream w/ sausage	Bacon, Egg, & Cheese On Toast	Chicken Biscuit	Sausage & Cheese Croissant	Manager's Special or Fruit Parfait		
1	2 Cheesy Beef Gordita Lettuce/Tomato/Onion WK Corn/Fiesta Bar Chips & Bean Dip Fruit Cocktail/Milk	3 BBQ Chicken Sandwich Baked Beans Goldfish Crackers Potatoes/Carrots/Onions Garden Salad w/Ranch Apple/Milk	4 Chicken Salad Croissant Lettuce/Tomato/Onion Peppers/Black Olives Garden Salad w/Ranch String Cheese Choice of Chips Banana/Milk	5 Meatloaf Creamed Potatoes Turnip Greens Pinto Beans Cornbread Garden Salad w/Dressing Peach Cobbler/Milk	6 Pizza French Fries/WK Corn Steamed Broccoli Garden Salad w/Ranch Raw Veggies Apple/Choice of Milk	7	
8	9 Buffalo Chicken Wrap Lettuce/Tomato/Onion Spinach/Olives/Peppers French Fries Chips & Bean Dip Apple/Choice of Milk	10 Broccoli & Cheese Soup Ham & Cheese on Croissant WW Crackers Garden Salad w/Dressing Raw Veggies Apple/Milk	11 Mexican Lasagna Whole Kernel Corn Fiesta Bar Chips & Salsa Frozen Fruit Cup Choice of Milk	12 Chicken Slider (2) Lettuce/Tomato Onion Rings Baked Bean Raw Veggies w/Ranch Banana/Milk	13 Cheese Sticks Marinara French Fries/WK Corn Steamed Broccoli Garden Salad w/Ranch Raw Veggies Apple/Choice of Milk	14	
15	16 Fall Break	17 Fall Break	18 Chicken & Dumplings Garden Salad w/Dressing Broccoli Salad WW Crackers Apple/Milk	19 Turkey/Ham/Cheese Pita Lettuce/Tomato/Onion Spinach/Olives/Peppers Baked Beans Chips & Salsa Peaches/Milk	20 Pizza French Fries/WK Corn Steamed Broccoli Garden Salad w/Ranch Raw Veggies Apple/Choice of Milk	21	
22	23 Chicken Sandwich Onion Rings Baked Beans Sautted Carrots Garden Salad w/Ranch Apple/Milk	24 Chicken Noodle Soup Grilled Cheese Tater Tots/Crackers English Peas & Carrots Raw Veggies w/Ranch Banana/Milk	25 Meatball Sub Lettuce/Tomato/Onions Spinach/Olives/Peppers Three Bean Salad Choice of Chips Fruit Cocktail/Milk	26 Fish Nuggets Hush Puppies Onion Rings/Baked Beans Coleslaw Garden Salad w/Ranch Fruit Cocktail/Milk	27 Cheese Sticks Marinara French Fries/WK Corn Steamed Broccoli Garden Salad w/Ranch Raw Veggies Apple/Choice of Milk	28	
29	30 Chicken Wrap Lettuce/Tomato/Onion Spinach/Olives/Peppers Baked Beans/Crackers Apple/Milk	31 Cheeseburger Lettuce/Tomato/Onion Baked Beans Steamed Veggies Halloween Cake Garden Salad w/Ranch Apple/Milk	MEAL COST Student Lunch: \$2.50 w/milk (all other drinks extra) Faculty/Staff Lunch: \$3.00 (includes cup of tea or milk) Visitor: \$4.00 (includes cup of tea or milk) Extra Entrée: \$1.25 Extra Veggie-Salad-Fruit-Bread: \$1.00 Fountain Drink: \$.75-\$1.00per cup - Bottled drinks: \$1.00-			 2017	

This institution is an equal opportunity provider

2017