



# Gadsden City High School

Home of the TITANS

## September Grab & Go

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <b>No School Labor day Holiday</b>	4 Rib Sandwich Roasted Baby Potatoes Glazed Carrots Garden Salad w/Ranch Roll Fruit/Choice of Milk	5 Hot Dog Chili/Kraut/Onions Baked Beans Coleslaw Choice of Sun Chips w/Salsa Fruit/Choice of Milk	6 Cheesy Chicken Quesadilla Lettuce Tomato Tortilla Chips w/Salsa Refried Beans Mexican Rice Fruit/Choice of Milk	7 Cheese Sticks w/Marinara Sauce Garden Salad w/Ranch Corn on the Cob Grilled Asparagus Fruit Choice of Milk	8
9	10 Smoked Sausage WW Pancakes (2) Hashbrown Casserole Peppers/Onion/Tomato Carrots w/Ranch Strawberries & Yogurt Fruit/Choice of Milk	11 Cheeseburger Lettuce Tomato Onion French Fries Baked Beans Macaroni Salad Fruit/Choice of Milk	12 Cheesy Beef Gordita Lettuce/Tomato/Onion Olives/Cilantro Black Beans Rice Pilaf Fruit/Choice of Milk	13 Country Fried Steak Brown Rice w/Gravy English Peas & Carrots Steamed Broccoli w/cheese WG Roll/Fruit Choice of Milk	14 Pepperoni Pizza Whole Kernel Corn Garden Salad w/Ranch Chips w/Salsa Fruit/Choice of Milk	15
16	17 Grilled Tilapia Hushpuppies (3) Pintos/Coleslaw Pickled Onions/Crackers Fruit/Choice of Milk	18 BBQ Chicken Wrap Lettuce & Tomato Baked Beans Potato Salad Garlic Toast/Fruit Choice of Milk	19 Spicy Chicken Sandwich Lettuce/Tomato/Onion Sweet Potatoes Green Beans Fruit/Choice of Milk	20 Corn Dog Ro-tel Dip/Tortilla Chips Raw Veggies w/Ranch French Fries Sugar Cookie Fruit/Choice of Milk	21 Steak Nuggets Cream Potatoes English Peas & Carrots Roll Fruit/Choice of Milk	22
23	24 Crispitoes Chili/Cheese/Jalapeno Mexican Bean Dip Mexican Rice Raw Veggies w/Ranch Fruit/Choice of Milk	25 Chicken Fajita Wrap Lettuce Tomato Cheese Raw Veggies w/Ranch Tortilla Chips w/Salsa Refried Beans Fruit/Choice of Milk	26 Sub Sandwich Lettuce/Tomato/Onions Peppers/Olives/Jalapeno Broccoli Salad Potato Salad Fruit/Choice of Milk	27 BBQ Sliders Potato Wedges Baked Beans Garden Salad w/Ranch Fruit/Choice of Milk	28 Fish Sandwich Baked Potato w/Fixings Hush Puppies Glazed Carrots Coleslaw Fruit/Choice of Milk	29
30	<p>MEAL COST</p> <p>Student Lunch: \$2.75 w/milk (all other drinks extra)</p> <p>Faculty/Staff Lunch: \$3.50 (includes cup of tea or milk)</p> <p>Visitor: \$4.00 (includes cup of tea or milk)</p> <p>Extra Entrée: \$1.25 Extra Veggie-Salad-Fruit-Bread: \$1.00</p> <p>Fountain Drink: \$.75-\$1.00per cup - Bottled drinks: \$1.00-\$1.50</p>		<p>This institution is an equal opportunity provider</p>			

# 2018