



Gadsden City High School

Home of the TITANS

January GRAB & GO

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
		1	2	3	4	5	
6	7 Chicken Nuggets Creamed Potatoes English Peas & Carrots Breaded Squash WW Roll Fruit/Choice of Milk	8 Pepperoni Pizza Garden Salad w/Ranch Steamed Corn Raw Veggies Fruit Choice of Milk	9 Hot Dog Chili/Kraut/Onion/Relish Chips & Salsa Baked Beans Coleslaw Fruit/Choice of Milk	10 Homestyle Chili Grilled Cheese ½ Baked Potato Garden Salad w/Ranch Crackers/Cookie Fruit/Choice of Milk	11 Rib Sandwich Lettuce/Tomato/Onion Baked Beans Roasted Potatoes Steamed Broccoli Cookie Fruit/Choice of Milk	12	
13	14 Chicken Noodle Soup Grilled Cheese Tator Tots Raw Veggies w/Ranch Fruit/Choice of Milk	15 Corn Dog Ro-tel Dip w/Tortilla Chips Baked Beans Steamed Broccoli w/Cheese Fruit/Choice of Milk	16 Buffalo Chicken Wrap Lettuce/Tomato/Onion Celery w/Ranch Chips & Bean Dip Fruit Choice of Milk	17 Cheese Sticks Marinara Sauce Garden Salad w/Ranch Corn Nuggets Steamed Broccoli Fruit/Choice of Milk	18 Chicken Quesadilla Lettuce/Tomato/Cheese Whole Kernel Corn Refried Beans Chips & Salsa Fruit/Choice of Milk	19	
20	21 MLK DAY NO SCHOOL!	22 Chicken Fingers Cream Potatoes English Peas & Carrots Roll Fruit Choice of Milk	23 Cheesy Beef Nachos Lettuce/Tomato/Cheese Jalapeons/Salsa Tortilla Chips Refried Beans Fruit Choice of Milk	24 Cheeseburger Lettuce/Tomato/Pickle Roasted Potatoes Pasta Salad Raw Veggies w/Ranch Fruit Choice of Milk	25 Variety of Pizza Garden Salad w/Ranch Whole Kernel Corn French Fries Fruit Choice of Milk	26	
27	28 Crispitoes Chili/Cheese/Jalapeno Mexican Beans Mexican Rice Raw Veggies w/Ranch Fruit/Choice of Milk	29 Chicken Nuggets Cream Potatoes Steamed Cabbage Pinto Beans Roll Fruit/Choice of Milk	30 Meatball Sub Lettuce/Tomato/Onions Peppers/Olives/Jalapeno Broccoli Salad Chips & Salsa Fruit/Choice of Milk	31 Chicken Alfredo Glazed Carrots Breaded Okra Garden Salad w/Ranch Roll Fruit/Choice of Milk			
		<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>		
						2019	