

Gouverneur High School Lunch Menu - FEBRUARY 2012

(Subject to Change Without Notice)

Breakfast Menu:

Daily: Assorted Cereal, Juice & Milk
Monday: Pizza
Tuesday: Yogurt w/Graham Crackers
Wednesday: Breakfast Pizza
Thursday: Waffles
Friday: Bagel w/Cream Cheese



1 Cheeseburger on Wheat Bun

French Fries
Chilled Applesauce



2 Sliced Ham

Boiled Potatoes
Steamed Carrots & Cabbage
Chilled Mixed Fruit



3 Heart Health Awareness Day

Breakfast
Honey Nut Cheerios or Assorted Hot Oatmeal
Assorted Juice/Banana/Milk
Lunch
Hearty Vegetable Soup w/Crackers
Fresh Garden Salad w/Grilled Chicken w/Lite Dressing
Wheat Dinner Roll w/Margarine
Yogurt w/Strawberries

February is Heart Health Month

6 Soft Taco w/Taco Meat

w/Cheese, Lettuce, Tomato & Salsa
Flavored Rice
Chilled Pineapple

7 French Toast w/Syrup & Sausage Patty

Hash Brown
Warm Cinnamon Applesauce



8 Chicken Nuggets

French Fries
Whole Kernel Corn
Chilled Mixed Fruit

9 Pork Steak

Mashed Potato w/Gravy
Baby Whole Carrots
Chilled Peaches

10 Mexican Pizza

Fresh Vegetable w/Dip
Chilled Pears



13 Hot Dog on Bun

Tomato/Beef/Macaroni Soup w/Crackers
Chilled Mixed Fruit



14 Valentine's Day Cheeseburger on a Wheat Bun

w/Shredded Lettuce, Sliced Tomato & Pickle Chips
Baked Chips
Chilled Peaches

15 BBQ Pork Rib

French Fries
Dinner Roll w/Margarine
Chilled Applesauce

16 Chicken Parmesan over Spaghetti

Tossed Salad w/Dressing
Chilled Pears



17 Pepperoni Pizza

Assorted Vegetables
Assorted Fruit



20 PRESIDENTS' DAY

21 Mid-Winter Recess



24 NO SCHOOL

27 Grilled Cheese Sandwich

Tomato Soup w/Crackers
Chilled Peaches



28 Chicken Nuggets

Flavored Rice
Whole Kernel Corn
Bread w/Margarine
Chilled Pears

29 Macaroni & Cheese

Hot Dog on Bun
Seasoned Green Beans
Chilled Mixed Fruit

Alternate Daily Lunch Menu:

Cook's Choice — Fresh Fruit -- Assorted Bread

Cost of Full Price Meals: Breakfast

\$1.00 — Lunch \$1.80

Please — No Canadian Money

