CMS & PVMS Lunch Menu refresh. refuel. relax. July - August 2020

Salisbury Steak & Parsley **Noodles**

Beef Nacho Salad

Collard Green, Fresh Broccoli, Orange Wedges, Fruit Cocktail Welcome Back to School

Chicken Ham & Cheese Baked Potato W/ Roll

Chicken Baja Salad

Seasoned Green Peas. Tomato Wedges, Whole Apple, Diced Peaches

Oven Roasted Chicken Drumstick W/ Mac & Cheese

Chicken Ham Chef Salad *MTO Mexican Bar

Baked French Fries, Celery Sticks, Seasonal Fruit Variety, Applesauce

Breaded Fish Sandwich Melt

Popcorn Chicken Salad *Papa John's Pizza

Carrots, Cucumber Tomato Salad, Fresh Fruit Mix, Mandarin Oranges

Oven Roasted Chicken Drumstick W/ Biscuit Beef Nacho Salad

Garlic Parmesan Mashed Potatoes, Fresh Broccoli, Orange Wedges, Fruit Cocktail

Breaded Chicken Parmesan & Noodles

Ranch Chicken Salad *MTO Deli Bar

Roasted Vegetables, Red Pepper Strips, Banana, Diced Pears

Egg Fried Rice W/ Vegetable Egg Roll *New Breaded Mozzarella Sticks*

Chicken Baja Salad

Seasoned Sweet Potato Fries, Cucumber Slices, Whole Apple. **Diced Peaches**

Disco Fries W/ Tortilla Scoops

Chicken Ham Chef Salad *MTO Mexican Bar

Rainbow Blend Veggies, Celery Sticks, Seasonal Fruit Variety, Applesauce

Chili Cheese Baked Potato W/ Corn Muffin Popcorn Chicken Salad

*Papa John's Pizza

Collard Greens, Cucumber Tomato Salad, Pineapple Chunks, Fruit Variety

10

Fish Sticks W/Sriracha Chili Sauce and Macaroni & Cheese

Beef Nacho Salad

Seasoned Potato Wedges, Tomato Wedges, Orange Wedges, Fruit Cocktail

Loaded Tater Tots & Popcorn Chicken W/ **Garlic Bread**

Ranch Chicken Salad

Roasted Cauliflower, Cucumber Slices, Banana, Diced Pears

12

Jumbo Cheese Ravioli W/ **Breadstick**

New Breaded Mozzarella Sticks

Chicken Baja Salad

Seasoned Green Beans, Celery Sticks, Whole Apple, Diced Peaches

13

Ham, Cheese & **Caramelized Onion** Flathread

Chicken Ham Chef Salad *MTO Mexican Bar

Chipotle Campfire Beans, Baby Carrots. Seasonal Fruit Variety. Applesauce

Cajun Chili Fries

Popcorn Chicken Salad *Papa John's Pizza

Steamed Broccoli, Red Pepper Strips, Grapes, Diced Peaches

Hangtime Basket Beef Nacho Salad

BBQ Black Beans, Baby Carrots, Orange Wedges, Fruit Cocktail

18

Sloppy Joe Sandwich Ranch Chicken Salad

Buttered Green Beans & Carrots, Red Pepper Strips, Pineapple Chunks, Diced Pears 19

Grilled Three Cheese Sandwich

Chicken Baja Salad

Seasoned Sweet Potato Fries, Fresh Zucchini, Apple Wedges, Diced Peaches

20

Chicken White Bean Chili W/ Corn Muffin

Chicken Ham Chef Salad *MTO Mexican Bar

Mexicali Corn, Celery Sticks, Watermelon, Applesauce

21

Breaded Fish Sandwich Popcorn Chicken Salad *Papa John's Pizza

Steamed Kale, Creamy Cole Slaw, Fresh Fruit Mix, Diced

24

Country Fried Steak W/ Country Gravy & Roll Beef Nacho Salad

Garlic Mashed Potatoes, Tomato Wedges, Orange Wedges, Fruit Cocktail

25

Nacho Cheese Walking Taco

Ranch Chicken Salad

Roasted Carrots, Fresh Cauliflower Florets, Apple Wedges, Pineapple Chunks

Vegetable Bean Chili Mac W/ Corn Muffin

Chicken Baja Salad

Roasted Brussel Sprouts, Celery Sticks, Banana, Diced Peaches

General Tso's Beef Dipper's W/ Vegetables & Rice

Chicken Ham Chef Salad *MTO Mexican Bar

Kickin' Pinto Beans, Baby Carrots, Watermelon, Applesauce

28 Birthday Celebration

Chicken Tenders W/ **Biscuit**

Popcorn Chicken Salad *Papa John's Pizza

Steamed Broccoli, Cucumber Slices, Mandarin Oranges, **Diced Pears**

Available Daily: Plain or Spicy Chicken Sandwich, Cheese & Pepperoni Pizza, Grab & Go Lunch Packs, PB&J Uncrustable, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices

Lunch Pricing: Paid \$3.15, Reduced \$0.40, Adult \$4.00, Milk \$0.55 ALL Parkview qualify for FREE Breakfast & Lunch

Did You Know? We offer breakfast every single day! From cinnamon rolls to sandwiches, cereal to breakfast bars, we are sure to offer something the students will love!

Menus are posted online at www.gccschools.com/menus

Breakfast Pricing: Paid - \$1.50, Reduced - \$0.30, Adult - \$2.15

Menus are subject to change without notice.

