



June 2024 | GG Central Kitchen | [Lunch Menu](#) | [FSP Comfort Menu K-8](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Week 2 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>WG Chicken Nuggets 240 Cal, 16 g Carb</p> <p><b>GRAIN</b></p> <p>WG Bread Slice 36 Cal, 7 g Carb</p> <p><b>VEGETABLE</b></p> <p>Baby Carrots 22 Cal, 5 g Carb</p> <p>Spicy Slaw 69 Cal, 5 g Carb</p> <p><b>FRUIT</b></p> <p>Applesauce 50 Cal, 14 g Carb</p> <p><b>MILK</b></p>	<p><b>4</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>WG Penne Pasta 127 Cal, 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Green Beans 28 Cal, 6 g Carb</p> <p>Edamame 42 Cal, 3 g Carb</p> <p><b>FRUIT</b></p> <p>Pear 51 Cal, 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 110 Cal, 13 g Carb</p> <p>Milk Chocolate Skim 120 Cal, 20 g Carb</p>	<p><b>5</b></p> <p>Week 2 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>Burger Beef 212 Cal, 0 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hamburger Bun 147 Cal, 26 g Carb</p> <p><b>VEGETABLE</b></p> <p>Peas 52 Cal, 9 g Carb</p> <p>Italian Chickpea Salad 158 Cal, 7 g Carb</p> <p>Pickle Chips 0 Cal, 0 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices 35 Cal, 9 g Carb</p>	<p><b>6</b></p> <p>Week 2 Day 4</p> <p><b>MAIN ENTREE</b></p> <p>Homemade Cheese Sauce 230 Cal, 7 g Carb</p> <p><b>GRAIN</b></p> <p>Pasta Elbow WG Cooked 129 Cal, 28 g Carb</p> <p><b>VEGETABLE</b></p> <p>Broccoli Florets 16 Cal, 3 g Carb</p> <p>Red Pepper Strips 10 Cal, 2 g Carb</p> <p><b>FRUIT</b></p> <p>Cantaloupe Chunks 27 Cal, 7 g Carb</p> <p><b>MILK</b></p>	<p><b>7</b></p> <p>Week 2 Day 5</p> <p><b>MAIN ENTREE</b></p> <p>Beef Hot Dog 180 Cal, 1 g Carb</p> <p><b>GRAIN</b></p> <p>WG Hot Dog Bun 150 Cal, 27 g Carb</p> <p><b>VEGETABLE</b></p> <p>Celery Sticks 7 Cal, 2 g Carb</p> <p>Honey Carrots 29 Cal, 8 g Carb</p> <p><b>FRUIT</b></p> <p>Strawberries Fresh 22 Cal, 5 g Carb</p> <p><b>MILK</b></p>

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Mozzarella Cheese  
135 Cal, 2 g Carb

**SAUCE**

Marinara Sauce  
41 Cal, 8 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Mustard Packet  
0 Cal, 0 g Carb

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Mustard Packet  
0 Cal, 0 g Carb

**10**

Week 3 Day 1

**MAIN ENTREE**

WG Chicken Nuggets  
240 Cal, 16 g Carb

**GRAIN**

WG Bread Slice  
36 Cal, 7 g Carb

**VEGETABLE**

Italian Cucumber Salad  
127 Cal, 3 g Carb

Cherry Tomatoes  
7 Cal, 1 g Carb

**FRUIT**

Applesauce  
50 Cal, 14 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

**11**

Week 3 Day 2

**GRAIN**

WG Penne Pasta  
127 Cal, 27 g Carb

**VEGETABLE**

Corn Salad  
48 Cal, 7 g Carb

Baby Carrots  
22 Cal, 5 g Carb

**FRUIT**

Pear  
51 Cal, 14 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**12**

Week 3 Day 3

**MAIN ENTREE**

Homemade Cheese Sauce  
230 Cal, 7 g Carb

**GRAIN**

Pasta Elbow WG Cooked  
129 Cal, 28 g Carb

**VEGETABLE**

Garlic Green Beans  
37 Cal, 8 g Carb

Baby Carrots  
11 Cal, 3 g Carb

**FRUIT**

Apple Slices  
47 Cal, 12 g Carb

**MILK**

Milk Chocolate Skim  
120 Cal, 20 g Carb

**13**

Week 3 Day 4

**MAIN ENTREE**

Beef Hot Dog  
180 Cal, 1 g Carb

**GRAIN**

WG Hot Dog Bun  
150 Cal, 27 g Carb

**VEGETABLE**

Broccoli Florets  
16 Cal, 3 g Carb

Lemony Chickpea Salad  
93 Cal, 8 g Carb

**FRUIT**

Pineapple Chunks  
41 Cal, 11 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

**14**

Week 3 Day 5

**MAIN ENTREE**

Burger Beef  
212 Cal, 0 g Carb

**GRAIN**

WG Hamburger Bun  
147 Cal, 26 g Carb

**VEGETABLE**

Seasoned Black Beans  
92 Cal, 10 g Carb

Jicama Pineapple Pico De Gallo  
56 Cal, 13 g Carb

Pickle Chips  
0 Cal, 0 g Carb

**FRUIT**

Cantaloupe Chunks  
27 Cal, 7 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

**CONDIMENTS**

Mozzarella Cheese  
135 Cal, 2 g Carb

**SAUCE**

Marinara Sauce  
41 Cal, 8 g Carb

1% Milk  
110 Cal, 13 g Carb

Skim Milk  
80 Cal, 12 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Mustard Packet  
0 Cal, 0 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Mustard Packet  
0 Cal, 0 g Carb

17

Week 4 Day 1

**MAIN ENTREE**

Beef Hot Dog  
180 Cal, 1 g Carb

**GRAIN**

WG Hot Dog Bun  
150 Cal, 27 g Carb

**VEGETABLE**

Potato Fries  
75 Cal, 13 g Carb

Baby Carrots  
11 Cal, 3 g Carb

**FRUIT**

Orange Slices  
35 Cal, 9 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb  
Milk Chocolate Skim

18

Week 4 Day 2

**MAIN ENTREE**

Garlic & Herb Chicken Breast  
118 Cal,

**GRAIN**

Sundried Tomato Rice  
206 Cal, 33 g Carb

**VEGETABLE**

Three Bean Salad  
115 Cal, 13 g Carb

Scalloped Potatoes  
182 Cal, 18 g Carb

**FRUIT**

Pear  
51 Cal, 14 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

19

Week 4 Day 3

**MAIN ENTREE**

Homemade Cheese Sauce  
230 Cal, 7 g Carb

**GRAIN**

Pasta Elbow WG Cooked  
129 Cal, 28 g Carb

**VEGETABLE**

Lemon Pepper Broccoli  
16 Cal, 3 g Carb

Chickpeas  
60 Cal, 11 g Carb

**FRUIT**

Apple Slices  
47 Cal, 12 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb  
Milk Chocolate Skim

20

Week 4 Day 4

**MAIN ENTREE**

Turkey Sausage Patty  
171 Cal, 0 g Carb

**GRAIN**

Pancake WG Commodity  
152 Cal, 28 g Carb

**VEGETABLE**

Roasted Sweet Potatoes  
171 Cal, 31 g Carb

Celery Sticks  
4 Cal, 1 g Carb

**FRUIT**

Honeydew Chunks  
23 Cal, 6 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb  
Milk Chocolate Skim

21

Week 4 Day 5

**MAIN ENTREE**

WG Ranch Chicken Pizza  
400 Cal, 27 g Carb

**VEGETABLE**

Cucumber Slices  
8 Cal, 2 g Carb

Cauliflower  
13 Cal, 3 g Carb

**FRUIT**

Fruit Salad CHP  
30 Cal, 8 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb  
Milk Chocolate Skim  
120 Cal, 20 g Carb  
Skim Milk  
80 Cal, 12 g Carb

120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Ketchup Packet  
10 Cal, 2 g Carb

Mustard Packet  
0 Cal, 0 g Carb

Skim Milk  
80 Cal, 12 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

24

Week 1 Day 1

**MAIN ENTREE**

Buffalo Chicken Thigh  
171 Cal, 0 g Carb

**GRAIN**

WG Hamburger Bun  
147 Cal, 26 g Carb

**VEGETABLE**

Sweet Potato Fries  
120 Cal, 18 g Carb

Pickle Chips  
0 Cal, 0 g Carb

**FRUIT**

Applesauce  
50 Cal, 14 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

25

Week 1 Day 2

**GRAIN**

WG Penne Pasta  
127 Cal, 27 g Carb

**VEGETABLE**

Baby Carrots  
11 Cal, 3 g Carb

Cucumber Salad  
16 Cal, 4 g Carb

**FRUIT**

Pear  
51 Cal, 14 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**CONDIMENTS**

Mozzarella Cheese  
135 Cal, 2 g Carb

26

Week 1 Day 3

**MAIN ENTREE**

Crispy Pineapple Chicken  
Patty  
264 Cal, 19 g Carb

**GRAIN**

WG Hamburger Bun  
147 Cal, 26 g Carb

**VEGETABLE**

Roasted Potatoes  
82 Cal, 9 g Carb

Sweet Slaw  
17 Cal, 4 g Carb

**FRUIT**

Apple Slices  
47 Cal, 12 g Carb

**MILK**

Skim Milk  
80 Cal, 12 g Carb

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

27

Week 1 Day 4

**MAIN ENTREE**

WG Jack Cheese  
Quesadilla  
290 Cal, 24 g Carb

**VEGETABLE**

Corn  
73 Cal, 17 g Carb

Seasoned Black Beans  
92 Cal, 10 g Carb

**FRUIT**

Pineapple Chunks  
41 Cal, 11 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Skim Milk  
80 Cal, 12 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

28

Week 1 Day 5

**MAIN ENTREE**

BBQ Chicken Drumstick  
305 Cal, 7 g Carb

**GRAIN**

WG Elbow Pasta Salad  
272 Cal, 43 g Carb

**VEGETABLE**

Collard Greens  
43 Cal, 6 g Carb

Vegetarian Baked Beans  
64 Cal, 10 g Carb

**FRUIT**

Fruit Salad CHP  
30 Cal, 8 g Carb

**MILK**

1% Milk  
110 Cal, 13 g Carb

Milk Chocolate Skim  
120 Cal, 20 g Carb

Skim Milk  
80 Cal, 12 g Carb

**SAUCE**

Marinara Sauce  
41 Cal, 8 g Carb