



June 2024 | GG Central Kitchen | Lunch Menu | NSLP K-8 Hot Lunch 23/24

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Week 2 Day 1</p> <p>MAIN ENTREE</p> <p>Beef Burger w/ American Cheese 1 g Carb</p> <p>GRAIN</p> <p>WG Hamburger Bun 26 g Carb</p> <p>VEGETABLE</p> <p>Baby Carrots 5 g Carb</p> <p>Spicy Slaw 5 g Carb</p> <p>FRUIT</p> <p>Applesauce Cup 14 g Carb</p>	<p>4</p> <p>Week 2 Day 2</p> <p>MAIN ENTREE</p> <p>Sweet & Sour Chicken Thigh 3 g Carb</p> <p>GRAIN</p> <p>(not so) Fried Rice 49 g Carb</p> <p>VEGETABLE</p> <p>Green Beans 6 g Carb</p> <p>Edamame 3 g Carb</p> <p>FRUIT</p> <p>Pear 14 g Carb</p>	<p>5</p> <p>Week 2 Day 3</p> <p>GRAIN</p> <p>WG Rotini 27 g Carb</p> <p>VEGETABLE</p> <p>Peas 9 g Carb</p> <p>Italian Chickpea Salad 7 g Carb</p> <p>FRUIT</p> <p>Orange Slices 9 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p>6</p> <p>Week 2 Day 4</p> <p>MAIN ENTREE</p> <p>Turkey Meatball 5 g Carb</p> <p>GRAIN</p> <p>WG Hoagie Bun 27 g Carb</p> <p>VEGETABLE</p> <p>Broccoli Florets 3 g Carb</p> <p>Red Pepper Strips 2 g Carb</p> <p>FRUIT</p> <p>Cantaloupe Chunks 7 g Carb</p> <p>MILK</p>	<p>7</p> <p>Week 2 Day 5</p> <p>MAIN ENTREE</p> <p>WG Chicken Nuggets 13 g Carb</p> <p>GRAIN</p> <p>WG Bread Slice 13 g Carb</p> <p>VEGETABLE</p> <p>Celery Sticks 2 g Carb</p> <p>Honey Carrots 8 g Carb</p> <p>FRUIT</p> <p>Fruit Salad CHP 8 g Carb</p> <p>MILK</p>

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Ketchup Packet
2 g Carb

Mustard Packet
0 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Mozzarella Cheese
2 g Carb

SAUCE

Creamy Garlic Pesto
Sauce
4 g Carb

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Mozzarella Cheese
1 g Carb

SAUCE

Marinara Sauce
6 g Carb

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Ketchup Packet
2 g Carb

10

Week 3 Day 1

MAIN ENTREE

Cheese Pizza
31 g Carb

VEGETABLE

Italian Cucumber Salad
3 g Carb

Cherry Tomatoes
1 g Carb

FRUIT

Applesauce
14 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

11

Week 3 Day 2

MAIN ENTREE

Mojo Chicken Thigh
1 g Carb

GRAIN

Cilantro & Spinach Rice
20 g Carb

VEGETABLE

Mashed Sweet Potatoes
23 g Carb

Corn Salad
7 g Carb

FRUIT

Pear
14 g Carb

MILK

1% Milk
13 g Carb

12

Week 3 Day 3

MAIN ENTREE

Grilled Cheese, American
30 g Carb

VEGETABLE

Garlic Green Beans
8 g Carb

Baby Carrots
3 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

Milk Chocolate Skim
20 g Carb

1% Milk
13 g Carb

Skim Milk
12 g Carb

13

Week 3 Day 4

MAIN ENTREE

Turkey Bolognese
6 g Carb

GRAIN

WG Penne Pasta
27 g Carb

VEGETABLE

Broccoli Florets
3 g Carb

Lemony Chickpea Salad
8 g Carb

FRUIT

Pineapple Chunks
11 g Carb

MILK

1% Milk
13 g Carb

14

Week 3 Day 5

MAIN ENTREE

Southwest Seasoned
Chicken Breast
6 g Carb

GRAIN

Tortilla WG 8"
22 g Carb

WG Tortilla Chips
8 g Carb

VEGETABLE

Seasoned Black Beans
10 g Carb

Jicama Pineapple Pico De
Gallo
13 g Carb

FRUIT

Cantaloupe Chunks
7 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

17

Week 4 Day 1

MAIN ENTREE

Beef Hot Dog
1 g Carb

GRAIN

WG Hot Dog Bun
27 g Carb

VEGETABLE

Potato Fries
13 g Carb

Baby Carrots
3 g Carb

FRUIT

Orange Slices
9 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

18

Week 4 Day 2

MAIN ENTREE

Garlic & Herb Chicken
Breast

GRAIN

Sundried Tomato Rice
33 g Carb

VEGETABLE

Three Bean Salad
13 g Carb

Scalloped Potatoes
18 g Carb

FRUIT

Pear
14 g Carb

MILK

1% Milk
13 g Carb

Skim Milk
12 g Carb

Milk Chocolate Skim
20 g Carb

19

Week 4 Day 3

MAIN ENTREE

Homemade Cheese Sauce
7 g Carb

GRAIN

Pasta Elbow WG Cooked
28 g Carb

VEGETABLE

Lemon Pepper Broccoli
3 g Carb

Chickpeas
11 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

20

Week 4 Day 4

MAIN ENTREE

Turkey Sausage Patty
0 g Carb

GRAIN

Pancake WG Commodity
28 g Carb

VEGETABLE

Roasted Sweet Potatoes
31 g Carb

Celery Sticks
1 g Carb

FRUIT

Honeydew Chunks
6 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

21

Week 4 Day 5

MAIN ENTREE

WG Ranch Chicken Pizza
27 g Carb

VEGETABLE

Cucumber Slices
2 g Carb

Cauliflower
3 g Carb

FRUIT

Fruit Salad CHP
8 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Ketchup Packet
2 g Carb

Mustard Packet
0 g Carb

24

Week 1 Day 1

25

Week 1 Day 2

26

Week 1 Day 3

27

Week 1 Day 4

28

Week 1 Day 5

MAIN ENTREE

Buffalo Chicken Thigh
0 g Carb

GRAIN

WG Hamburger Bun
26 g Carb

VEGETABLE

Sweet Potato Fries
18 g Carb

Pickle Chips
0 g Carb

FRUIT

Applesauce
14 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

GRAIN

WG Penne Pasta
27 g Carb

VEGETABLE

Baby Carrots
3 g Carb

Cucumber Salad
4 g Carb

FRUIT

Pear
14 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Mozzarella Cheese
2 g Carb

SAUCE

Marinara Sauce
8 g Carb

MAIN ENTREE

Crispy Pineapple Chicken
Patty
19 g Carb

GRAIN

WG Hamburger Bun
26 g Carb

VEGETABLE

Roasted Potatoes
9 g Carb

Sweet Slaw
4 g Carb

FRUIT

Apple Slices
12 g Carb

MILK

Skim Milk
12 g Carb

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

MAIN ENTREE

WG Jack Cheese
Quesadilla
24 g Carb

VEGETABLE

Corn
17 g Carb

Seasoned Black Beans
10 g Carb

FRUIT

Pineapple Chunks
11 g Carb

MILK

1% Milk
13 g Carb

Skim Milk
12 g Carb

Milk Chocolate Skim
20 g Carb

MAIN ENTREE

BBQ Chicken Drumstick
7 g Carb

GRAIN

WG Elbow Pasta Salad
43 g Carb

VEGETABLE

Collard Greens
6 g Carb

Vegetarian Baked Beans
10 g Carb

FRUIT

Fruit Salad CHP
8 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

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This institution is an equal opportunity provider.