Galloping Ghost Cafe
Lunch Menu

MARCH 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	**3/6/17**	**3/7/17**	**3/8/17**	**3/9/17**	**3/10/17**
Vegetable			Green Beans	Steamed Broccoli	Cooked Carrots
Main Entrée	NO SCHOOL	NO SCHOOL	BBQ Chicken Sandwich	Homemade Mac & Cheese	CHEF CHOICE
Whole Grain Product			Roll	Corn Bread	
Week 2	**3/13/17**	**3/14/17**	**3/15/17**	**3/16/17**	**3/17/17**
Vegetable	Corn, Marinara Sauce	Salsa		Sweet Potato Fries	Green Beans
Main Entrée	*MEATLESS MONDAY -* Cheesy Bread Sticks	***NEW**** Chicken Nachos, Cheese	NO SCHOOL - Parent Conference	*BRUNCH FOR LUNCH* Ham	CHEF CHOICE
Whole Grain Product	Goldfish Crackers	Nacho Chips, Rice	**RTCC OPEN**	French Toast Sticks	HAPPY St. Patrick's Day
Week 3	**3/20/17**	**3/21/17**	**3/22/17**	**3/23/17**	**3/24/17**
Vegetable	Corn	Salsa	Green Beans, Salsa	Tomato Soup, Broccoli	Glazed Carrots
Main Entrée	Hot Dog	Chicken Fajita, sour cream, cheese	Taco, meat and/or cheese	Grilled Cheese Sandwich	CHEF CHOICE
Whole Grain Product	Bun	Rice	Hard Taco Shells	Bread	
Week 4	**3/27/17**	**3/28/17**	**3/29/17**	**3/30/17**	**3/31/17**
Vegetable	*Roasted Sweet Potatoes*	Caesar Salad	Green Beans	Baked Beans	Oven Baked Fries
Main Entrée	Corn Dog	Spaghetti- with or without Meat Sauce	Chicken Alfredo	BBQ Ribs	CHEF CHOICE
Whole Grain Product		Garlic Bread	Noodles	Bun	

Offered daily with each meal

MILK: Skim, 1%, fat free Chocolate

Salad Bar

Homemade Soup

Fruit Bar

USDA is an equal opportunity provider and employer

Student Pricing - LUNCH

Full Pay
k-6 $3.25
7-12 $3.50

Snack Milk $.50

All Bread/Grain items are 51% whole grain

Pay on-line at www.myschoolbucks.com

We Support Local New England Businesses: Pebble Brook Farms, Vt Bread Company, Champlain Orchards, Hood Milk, Cabot Coop, RTCC Pure Maple Syrup