



Galloping Ghost Cafe Lunch Menu

MAY 2017



www.myschoolbucks.com

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	5/1/17	5/2/17	5/3/17	5/4/17	5/5/17
Vegetable (Subgroups)	Green Beans	Broccoli	Corn	Iceberg Salad Salsa	Carrots
Main Entrée	Chicken Strips	Grilled Cheese Sandwich	Quesadilla	Tacos, Beef & Bean, Cheddar Cheese	Chef Choice
Whole Grain Bread	Dinner Roll	Sliced Bread	Flour Tortilla	Taco Shells	
Week 2	5/8/17	5/9/17	5/10/17	5/11/17	5/12/17
Vegetable (Subgroups)	Green Beans	Glazed Carrots, Salsa	Steamed Broccoli	Baked Fries	Corn
Main Entrée	Sweet & Sour Meatballs	Nachos	Sliced Ham, Gravy	Brunch For Lunch - Ham	Chef Choice
Whole Grain Product	Rice	Nacho Chips	Dinner Roll	W/G French Toast Sticks	
Week 3	5/15/17	5/16/17	5/17/17	5/18/17	5/19/17
Vegetable (Subgroups)	Baked Beans	Broccoli	Peas,	Carrots	Green Beans
Main Entrée	Corn Dog	Mac & Cheese	Chicken Nuggets	Ham & Cheese Subs	Chef Choice
Whole Grain Product		Dinner Roll	Rice		
Week 5	5/22/17	5/23/17	5/24/17	5/25/17	5/26/17
Vegetable (Subgroups)	Corn	Romaine Salad	Baby Carrots, Marinara Sauce	Baked Beans	
Main Entrée	Raviolis	Homemade Spaghetti	DIPPER DAY	Hot Dogs	No School For RUHS
Whole Grain Product	Dinner Roll	Dinner Roll	Bread & Cheese Sticks	Bun	

Offered daily
with each meal

Milk -
Skim, 1%,
fat free
chocolate

Fruit -
Fresh or
canned

All Bread
components
are whole
grain



**GONE
LOCAL**

Blueberries
from
Maine

Vermont
Bread
Company

Maple Syrup
Randolph
Technical
Career
Center

Student Pricing: Full Pay k-6 \$3.25 7-12 \$3.50 Adult \$5.00 Milk only \$.50

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