



Don't Forget to Eat Your Vegetables!

Gering Middle School Lunch Menu

February 2019

4
MONDAY

Classic Cafe Pasta with Meatballs, Garden Salad, Garlic Round

Grab and Go Harvest Chicken Salad, Turkey BLT Wrap

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

7
THURSDAY

Classic Cafe Corn Dog, Steamed Carrots

Grab and Go Buffalo Chicken Salad, Ham Deli Sandwich

Pizza Cheese or Pepperoni Pizza

5
TUESDAY

Classic Cafe Chicken Fajitas, Refried Beans

Grab and Go Chef Salad, Salad Sliders

Pizza Cheese or Pepperoni Pizza

8
FRIDAY

Classic Cafe Alaskan Pollack Fish Sticks, Steak Fries

Grab and Go Yogurt Pak with Bagel, Chicken Caesar Salad

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

6
WEDNESDAY

Classic Cafe Macaroni & Cheese, Sweet Potato Fries

Grab and Go Pretzel Bites w/Cheese Cubes, Chef Salad

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

EXTRA INFO



Milk choice of 1% White, Fat-Free Chocolate is included. A creditable Grain is served with all salads. For questions or comments, contact Mary Carman, Food Service Director at mcarman@geringschools.net or call 308.633.3155.

Menus are subject to change without notice. This institution is an equal opportunity provider.





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11

MONDAY

Classic Cafe Sloppy Joe on a Bun, Tator Tots

Grab and Go Cravin Craisin Salad, Chicken Caesar Wrap

Pizza Cheese or Pepperoni Pizza

14

THURSDAY

Classic Cafe Be Mine Popcorn Chicken Bowl, Whole Grain Dinner Roll, Treat

Grab and Go Hummus & Vegetable Bowl, Turkey Deli Sub Sandwich

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

12

TUESDAY

Classic Cafe Beef & Cheese Quesadilla, Firenze Corn Salad

Grab and Go Chef Salad, Deli Sandwich

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

15

FRIDAY

Classic Cafe Cheese & Pepperoni Flatbread, Steamed Carrots

Grab and Go Crispy Chicken Salad, Honey Mustard Ham Wrap

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

13

WEDNESDAY

Classic Cafe Pulled Pork Sandwich, Coleslaw

Grab and Go Pretzel Pack, Turkey Munchable

Pizza Cheese or Pepperoni Pizza

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Harvest of the Month 



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18

MONDAY

NO SCHOOL FILL IN SPECIAL

21

THURSDAY

Classic Cafe Philly Flatbread, Broccoli Salad

Grab and Go Beef Taco Salad, Turkey BLT Wrap

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

19

TUESDAY

Classic Cafe Beefy Nachos with Cheese Sauce, Refried Beans

Grab and Go Turkey BLT Salad, Ham Deli Sub Sandwich

Diner Variety of Hamburgers, Chicken and Other "Hot Fare"

22

FRIDAY

Classic Cafe Roasted Hot Dog on a Bun, Calico Bean Bake

Grab and Go Yogurt Pak with Pretzel Bites, Southwest Chicken Salad

Pizza Cheese or Pepperoni Pizza

20

WEDNESDAY

Classic Cafe Chicken Parmesan Sandwich, Roasted Cauliflower, Muffin

Grab and Go Buffalo Chicken Wrap, Chef Salad

Pizza Cheese or Pepperoni Pizza

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25

MONDAY

- Classic Cafe** Beef Chili, Cinnamon Roll
- Grab and Go** WG Chips, Salsa & Cheese Cubes, Chicken Caesar Salad
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

28

THURSDAY

- Classic Cafe** Spicy Chicken Patty on Bun, Kettle Potato Chips
- Grab and Go** Beef Taco Salad, Chicken Caesar Wrap
- Pizza** Cheese or Pepperoni Pizza

26

TUESDAY

- Classic Cafe** Walking Taco, Lettuce, Tomato, Cheese
- Grab and Go** Turkey BLT Salad, Ham Deli Sub Sandwich
- Pizza** Cheese or Pepperoni Pizza

1

FRIDAY

- Classic Cafe** Build Your Own Baked Potato, Whole Grain Dinner Roll
- Grab and Go** Yogurt Pak, Egg Salad Sandwich
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

27

WEDNESDAY

- Classic Cafe** BBQ Pulled Pork on Pretzel Bun, Coleslaw
- Grab and Go** Sunbutter & Jelly Sandwich, Chef Salad
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

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