



Don't Forget to Eat Your Vegetables!

# Gering Middle School Lunch Menu

## January 2019

7  
MONDAY

- Classic Cafe** BBQ Pulled Pork Sandwich, Kettle Potato Chips, Pickle
- Grab and Go** Double Decker PB & J Sandwich, Chicken Caesar Salad
- Pizza** Cheese, Pepperoni, Specialty

10  
THURSDAY

- Classic Cafe** Chicken Alfredo w/Pasta and Grain, Glazed Carrots
- Grab and Go** Beef Taco Salad, Turkey BLT Wrap
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

8  
TUESDAY

- Classic Cafe** Chicken Fajitas
- Grab and Go** Turkey BLT Salad, Ham Deli Sub Sandwich
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

11  
FRIDAY

- Classic Cafe** Southwestern Burger, Golden French Fries
- Grab and Go** Ham Deli Sandwich, Southwest Chicken Salad
- Pizza** Cheese, Pepperoni, Specialty

9  
WEDNESDAY

- Classic Cafe** BBQ Chicken Sandwich, Calico Bean Bake, Kettle Potato Chips
- Grab and Go** Crispy Chicken Salad, Chef Salad
- Pizza** Cheese, Pepperoni, Specialty

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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## January 2019

14

MONDAY

- Classic Cafe** Grilled Cheese Sandwich, Tomato Soup
- Grab and Go** Harvest Chicken Salad, Turkey BLT Wrap
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

17

THURSDAY

- Classic Cafe** Chili Dog, Golden French Fries
- Grab and Go** Chef Salad, Turkey Deli Sandwich
- Pizza** Cheese, Pepperoni, Specialty

15

TUESDAY

- Classic Cafe** Beefy Nachos & Homemade Cheese Sauce
- Grab and Go** Buffalo Chicken Salad, Egg & Chicken Salad Slider Combo
- Pizza** Cheese, Pepperoni, Specialty

18

FRIDAY

- Classic Cafe** Sweet n Sour Chicken Bites, Rice, Cookie
- Grab and Go** Deli Sub, Chicken Caesar Salad
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

16

WEDNESDAY

- Classic Cafe** Hot Ham & Cheese Panini, Garden Salad
- Grab and Go** Buffalo Chicken Fajita Wrap, Chef Salad
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

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21

MONDAY

- Classic Cafe** Roast Turkey & Gravy w/Grain, Mashed Potatoes
- Grab and Go** Yogurt Pak with Pretzel Bites, Chicken Caesar Salad
- Pizza** Cheese, Pepperoni, Specialty

24

THURSDAY

- Classic Cafe** Chicken parmesan Sandwich, Green Peas
- Grab and Go** Hummus & Vegetable Bowl , Turkey Deli Sub Sandwich
- Pizza** Cheese, Pepperoni, Specialty

22

TUESDAY

- Classic Cafe** Breakfast Burrito, Mexican Street Corn
- Grab and Go** Chef Salad, Double Decker PB & J Sandwich
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

25

FRIDAY

- Classic Cafe** Popcorn Chicken w/Grain
- Grab and Go** Crispy Chicken Salad, Honey Mustard Ham Wrap
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

23

WEDNESDAY

- Classic Cafe** Italian Meatball Sub, Green Beans, Mini Rice Krispie Treat
- Grab and Go** Fruited Spinach Salad, Deli Sub
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

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28

MONDAY

- Classic Cafe** Baked Potato Bar w/Grain
- Grab and Go** Crispy Chicken Sub, Chicken Caesar Salad
- Pizza** Cheese, Pepperoni, Specialty

31

THURSDAY

- Classic Cafe** Chicken Tenders w/Grain, Golden French Fries, cookie
- Grab and Go** Beef Taco Salad, Munchable
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

29

TUESDAY

- Classic Cafe** Walking Taco
- Grab and Go** Turkey BLT Salad, Ham Deli Sub Sandwich
- Diner** Variety of Hamburgers, Chicken and Other "Hot Fare"

1

FRIDAY

- Classic Cafe** Wing Bar w/Grain, Roasted Broccoli
- Grab and Go** Buffalo Chicken Fajita Wrap, Southwest Chicken Salad
- Pizza** Cheese, Pepperoni, Specialty

30

WEDNESDAY

- Classic Cafe** Pancakes, Sausage Patty
- Grab and Go** Egg Salad Sub Sandwich, Chef Salad
- Pizza** Cheese, Pepperoni, Specialty

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