

MONTH: SEPTEMBER 2017

Meal plan for the GG FOOD SERVICES INC.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST PROGRAM (Starts week of the 11th)	toast & jam (optional) with milk	toast & jam (optional) with milk	toast & jam (optional) with milk	toast & jam (optional) with milk	toast & jam (optional) with milk
WEEK 1 (5TH-8TH)	Labour Day Holiday	1ST DAY OF SCHOOL Cinnamon Bun Madness Sandwich Board \$3.00	Homemade "Mac & Cheese" with tossed or caesar salad \$5.00 GNG: Ham & Cheese Sand OR Hamburger \$3.00 ea	3 C's Quesadilla (chicken/ cheese/corn) with veggie sticks and dip \$5.00 GNG: Pizza Sub OR BBQ Rib Fingers \$3.00 ea	Baked Cheese Haddock with potato wedges and veggies \$5.00 GNG: Haddock Burger OR Chick Salad Wrap \$3.50 ea
WEEK 2 (11TH-14TH)	Spaghetti Pie with tossed or caesar salad \$5.00 GNG: Chick Burger \$4.00 OR Ham & Cheese Sub \$3.50	Home-made Meatballs with fluffy rice and veggies \$5.00 GNG: Pizza Sub \$3.50 OR Hamburger \$3.00	Chicken Fingers with sweet potato wedges \$5.00 GNG: Cheese Burger OR Thai Crunchy Chick Wrap \$4.00 ea	Cheesy Pizza Muffin with caesar salad \$5.00 GNG: Chef Salad \$3.50 OR Egg Salad Sand. \$3.00	Crisp Haddock Fingers with oven fries and veggies \$5.00 GNG: Grilled Cheese OR Garlic Cheese Fingers \$3.00
WEEK 3 (18TH-22ND)	Ham & Cheeses Quiche with tossed or caesar salad \$5.00 GNG: Chef Salad OR Ham & Cheese Sub \$3.50 ea	Chicken Fingers with potato wedges and veggies \$5.00 GNG: Cheesy Pizza OR Hamburger \$3.00 ea	Chicken Noodle Soup with grilled cheese sand \$5.00 GNG: Chick & Tom Muffin OR Cheese Burger \$3.50 ea	Meatball Sub with roasted red potato \$5.00 GNG: Egg & Cheddar English Muffin OR Egg Salad Wrap \$3.00 ea	Spaghetti & meatballs with garlic cheese toast \$5.00 GNG: BBQ Rib Fingers \$3.00 OR Chicken Caesar Salad \$3.50
WEEK 4 (26TH-30TH)	Shepard's Pie with veggies and dip \$5.00 GNG: Meatball Sub OR Chick Caesar Wrap \$3.50 ea	Professional Learning Day Early Dismissal	BBQ Chicken Legs ,mashed potato and veggies \$5.00 GNG: Cheese Burger \$4.00 OR Chef Salad \$3.50	Chicken Fingers with tossed or caesar salad \$5.00 GNG: Chicken Salad Wrap \$3.50 OR Hamburger \$3.00	Homemade Fish& Chips \$6.00 GNG: Haddock Burger \$4.00 Or Chicken Corn Chowder & Roll \$3.00
DAILY OPTIONS	DRINKS: White milk \$0.50 Choc. milk \$1.00 Oasis Juice \$1.00 Fruit Smoothies \$1.00	BAKED GOODS: Assorted Muffins \$1.00 & Cookies \$.50 Cinn Buns \$1.50 Banana Bread \$1.00	CRUNCHY GARDENS: Celery & Carrots & dip \$1.00 Cucumber Daisies & dip \$0.75 Seasonal Fruit & dip \$1.50	SOUPS:(\$2.50 /\$3.00 w roll) Mondays-Chicken Noodle Wednesday- Beef Barley Friday- Corn Chowder	
GNG= "Grab 'N' Go" lunch options	LUNCH PROGRAM	REGISTER	ON-LINE	AT	gator.hotlunches.net

November 2-8

Daily Tally Sheet

Date:

Item Sold	Qty	Total amount
Meals to Go		
GNG		
Hamburger /Cheeseburger		
Subs (Pizza/Meatball/H&Ch)		
Sandwich (Egg/Chicken/ H&C/GC)		
Wraps (Egg/H&C/CCaesar/C salad)		
Haddock (Burger/Fingers)		
BBQ Rib Fingers		
Salads(Chef/ C Caesar)		
Crunchy Garden		
Veggies & Dip/CCumb & Dip		
Fruit plate		
Beverages		
White Milk		
Choc. Milk		

Item Sold	Qty	Total amount
Fruit Smoothies		
Oasis Juice		
Water		
Extras		
Fresh Fruit (Ban/Apple/Org)		
Pop Corn Chips		
Cookies		
Muffins		
Banana Bread		
Yogurt Tubes		
Granola Bars		