





**Gouverneur High School Lunch Menu - JANUARY 2019**  
(Menu Subject to Change Without Notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 <b>Cheeseburger</b> on Whole Wheat Roll Sweet Potato Fries Chilled Peaches & Milk	8 <b>Grilled Cheese Sandwich</b>  Tomato Soup Steamed Corn Chilled Mixed Fruit & Milk	9 <b>Whole Wheat Pizza</b> Three Bean Salad Chilled Pears & Milk	10 <b>Chicken Caesar Salad</b> with Cheese Breadstick String Cheese Stick Chilled Applesauce & Milk	11 <b>Boneless Chicken Wings</b> Rice Pilaf Carrots & Celery Sticks Chilled Pears & Milk
14 <b>Cheese Ravioli</b> Seasoned Green Beans Breadstick Chilled Applesauce Cup & Milk	15 <b>Popcorn Chicken</b> Whole Wheat Dinner Roll Black Bean Salad Chilled Applesauce & Milk	16 <b>Whole Wheat Pizza</b>  Broccoli Salad Chilled Peaches & Milk	17 <b>Chicken &amp; Biscuits</b> Mashed Potatoes Steamed Broccoli Chilled Mixed Fruit & Milk	18 1/2 Day <b>Staff Development</b>  <b>Bag Lunch</b>
21 <b>NO SCHOOL</b>  <b>Martin Luther King Jr.</b>  <b>Day</b>	22 <b>Hamburger on Whole Wheat Roll</b> French Fries Chilled Mixed Fruit & Milk 	23 <b>Whole Wheat Pizza</b> Three Bean Salad Chilled Pears & Milk	24 <b>Loaded Potato Bowl</b> (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese) Steamed Corn, Biscuit Chilled Peaches & Milk	25 <b>Mac &amp; Cheese</b> Garlic Breadstick Red Pepper Strips Chilled Applesauce & Milk
28 <b>Philly Cheese Steak</b> Waffle Fries Fruit Cup & Milk	29 <b>Chicken Parmesan Sandwich</b> Steamed Carrots Chilled Applesauce & Milk	30 <b>Whole Wheat Pizza</b> Caesar Salad Chilled Pears & Milk	31 <b>Pasta with Meat Sauce</b> Iceberg Garden Salad Chilled Mixed Fruit & Milk	
<u><b>Monday Lunch Alternates</b></u> PB&J Sandwich w/Cheese Stick Turkey Sandwich Ham & Cheese Sandwich Chicken Nuggets w/Breadstick	<u><b>Tuesday Lunch Alternates</b></u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Baked Haddock Sandwich	<u><b>Wednesday Lunch Alternates</b></u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Chef Salad w/Breadstick	<u><b>Thursday Lunch Alternates</b></u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Chicken Burger on WW Roll	<u><b>Friday Lunch Alternates</b></u> PB&J Sandwich Turkey Sandwich Ham & Cheese Sandwich Soft Tacos with Lettuce & Cheese
<u><b>Monday Breakfast Alternates</b></u> French Toast Sticks w/Syrup	<u><b>Tuesday Breakfast Alternates</b></u> Pancakes w/Syrup	<u><b>Wednesday Breakfast Alternates</b></u> Fresh Baked Cinnamon Rolls	<u><b>Thursday Breakfast Alternates</b></u> Breakfast Pizza	<u><b>Friday Breakfast Alternates</b></u> Egg & Sausage Sandwich

**FREE BREAKFAST FOR ALL STUDENTS: Assorted Cereals, Mini Donuts, Fruit, 100% Fruit Juice & Milk**  
**Available Daily with Lunch: Milk, Assorted Fresh Fruit & Vegetables**

Prices: Gr. 9-12  
Breakfast FREE  
Lunch - \$1.00  
Reduced Price Lunch—FREE  
Milk—\$0.45