



# DECEMBER

## GIRLS GLOBAL CHARTER HIGH SCHOOL

# Breakfast Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Raisin Bran WW Mini Bagel  Apples 1% & Fat-Free Milk	<b>3</b> WW Mini Bagel w/ Cream Cheese Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>4</b> Egg Frittata Red Rabbit O's  Oranges 1% & Fat-Free Milk	<b>5</b> Strawberry Yogurt & Granola Red Rabbit O's  Bananas 1% & Fat-Free Milk	<b>6</b> Blueberry Muffin Red Rabbit O's  Pears 1% & Fat-Free Milk
<b>9</b> WG Chex Cereal WW Mini Bagel  Apples 1% & Fat-Free Milk	<b>10</b> WW Mini Bagel w/ Cream Cheese Red Rabbit O's  Pears 1% & fat-free milk	<b>11</b> Peach Baked Oats Red Rabbit O's  Oranges 1% & Fat-Free Milk	<b>12</b> Strawberry Yogurt & Granola Red Rabbit O's  Bananas 1% & Fat-Free Milk	<b>13</b> Blueberry Bars Red Rabbit O's  Pears 1% & Fat-Free Milk
<b>16</b> Red Rabbit O's WW Mini Bagel  Bananas 1% & Fat-Free Milk	<b>17</b> Cinnamon Brown Sugar Oats Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>18</b> Chocolate Chip Muffin Bar Red Rabbit O's  Oranges 1% & Fat-Free Milk	<b>19</b> WW Mini Bagel w/ Cream Cheese Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>20</b> WG Chex Cereal WW Mini Bagel  Apples 1% & Fat-Free Milk
<b>23</b>  School Closed	<b>24</b>  School Closed	<b>25</b>  School Closed	<b>26</b>  School Closed	<b>27</b>  School Closed
<b>30</b>  School Closed	<b>31</b>  School Closed			



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## GIRLS GLOBAL CHARTER HIGH SCHOOL

# Lunch Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Three Cheese Macaroni & Cheese Mozzarella, Cheddar, Parmesan  Sautéed Spinach Green Peas w/ Sun Dried Tomato  Bananas 1% & Fat-Free Milk	<b>3</b> Beef Taco Bowl Seasoned Rice  Sautéed Corn Sautéed Peppers  Oranges 1% & Fat-Free Milk	<b>4</b> Chicken Salad Wrap WW Tortilla  Cut Carrots Sautéed Broccoli  Apples 1% & Fat-Free Milk	<b>5</b> Turkey Sloppy Joe Ciabatta Bread  Roasted Potatoes Roasted Sweet Potato  Honeydew 1% & Fat-Free Milk	<b>6</b> Mojo Chicken Seasoned Rice  Black Bean Brussels Sprout Slaw  Mandarins 1% & Fat-Free Milk
<b>9</b> Not-So- Fried Rice w/ Eggs Brown Rice  Sautéed Carrots Spicy Cucumbers  Oranges 1% & Fat-Free Milk	<b>10</b> Chicken Fajitas WW Tortillas  Black Beans Sautéed Onions & Peppers  Green Grapes 1% & Fat-Free Milk	<b>11</b> Turkey & Cheddar Sandwich WG Wrap  Spinach Salad Cut Carrots  Golden Apples 1% & Fat-Free Milk	<b>12</b> Rasta Pasta Mozzarella & Parmesan  Sautéed Cabbage Roasted Tomatoes  Pineapple 1% & Fat-Free Milk	<b>13</b> BBQ Chicken WW Dinner Roll  Potato Salad Sautéed Kale  Honeydew 1% & Fat-Free Milk
<b>16</b> Buffalo Chicken Macaroni & Cheese  Sautéed Green Peas Sautéed Red peppers  Pears 1% & Fat-Free Milk	<b>17</b> Ground Beef Quesadilla WW Tortilla  Refried Bean Chipotle Tomato Salsa  Oranges 1% & Fat-Free Milk	<b>18</b> BBQ Pasta Salad Cheddar Cheese  Red Onion Peppers  Apples 1% & Fat-Free Milk	<b>19</b> Curry Chicken Seasoned Rice  Sautéed Cabbage Sautéed Eggplant  Grapes 1% & Fat-Free Milk	<b>20</b> Three Cheese Pizza Mozzarella, Cheddar, Parmesan  Garden Salad Cut Carrot  Watermelon 1% & Fat-Free Milk
<b>23</b>  School Closed	<b>24</b>  School Closed	<b>25</b>  School Closed	<b>26</b>  School Closed	<b>27</b>  School Closed
<b>30</b>  School Closed	<b>31</b>  School Closed			



# DECEMBER

## GIRLS GLOBAL CHARTER HIGH SCHOOL

# Vegetarian Lunch Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Three Cheese Macaroni &amp; Cheese Mozzarella, Cheddar, Parmesan</p> <p>Sauteed Spinach Green Peas w/ Sun Dried Tomato</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>3</b> Crispy Tofu Taco Bowl Seasoned Rice</p> <p>Sauteed Corn Sauteed Peppers</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>4</b> Egg Salad Wrap WW Tortilla</p> <p>Cut Carrots Sauteed Broccoli</p> <p>Apples 1% &amp; Fat-Free Milk</p>	<p><b>5</b> Lentils Sloppy Joe Ciabatta Bread</p> <p>Roasted Potatoes Roasted Sweet Potato</p> <p>Honeydew 1% &amp; Fat-Free Milk</p>	<p><b>6</b> Mojo Eggs Seasoned Rice</p> <p>Black Bean Brussels Sprout Slaw</p> <p>Mandarins 1% &amp; Fat-Free Milk</p>
<p><b>9</b> Not-So- Fried Rice w/ Eggs Brown Rice</p> <p>Sauteed Carrots Spicy Cucumbers</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>10</b> Tofu Fajitas WW Tortillas</p> <p>Black Beans Sauteed Onions &amp; Peppers</p> <p>Green Grapes 1% &amp; Fat-Free Milk</p>	<p><b>11</b> Caprese Sandwich WG Wrap</p> <p>Spinach Salad Cut Carrots</p> <p>Golden Apples 1% &amp; Fat-Free Milk</p>	<p><b>12</b> Rasta Pasta Mozzarella &amp; Parmesan</p> <p>Sauteed Cabbage Roasted Tomatoes</p> <p>Pineapple 1% &amp; Fat-Free Milk</p>	<p><b>13</b> BBQ Baked Beans WW Dinner Roll</p> <p>Potato Salad Sauteed Kale</p> <p>Honeydew 1% &amp; Fat-Free Milk</p>
<p><b>16</b> Buffalo Tofu Macaroni &amp; Cheese</p> <p>Sauteed Green Peas Sauteed Red peppers</p> <p>Pears 1% &amp; Fat-Free Milk</p>	<p><b>17</b> Cheese Quesadilla WW Tortilla</p> <p>Refried Bean Chipotle Tomato Salsa</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>18</b> BBQ Pasta Salad Cheddar Cheese</p> <p>Red Onion Sauteed Peppers</p> <p>Apples 1% &amp; Fat-Free Milk</p>	<p><b>19</b> Tofu Curry Seasoned Rice</p> <p>Sauteed Cabbage Sauteed Eggplant</p> <p>Grapes 1% &amp; Fat-Free Milk</p>	<p><b>20</b> Three Cheese Pizza Mozzarella, Cheddar, Parmesan</p> <p>Garden Salad Cut Carrot</p> <p>Watermelon 1% &amp; Fat-Free Milk</p>
<p><b>23</b></p> <p>School Closed</p>	<p><b>24</b></p> <p>School Closed</p>	<p><b>25</b></p> <p>School Closed</p>	<p><b>26</b></p> <p>School Closed</p>	<p><b>27</b></p> <p>School Closed</p>
<p><b>30</b></p> <p>School Closed</p>	<p><b>31</b></p> <p>School Closed</p>			