John Glenn High School

aramark

Jan-Feb 2020

Each lunch must include 3 components from the five food groups (protein, grain, dairy, vegetable, fruit). One of three components must be a serving of fruit or vegetable. Students are entitled to one free lunch.

FEATURES OF THE DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 13. Beef Enchilada (31g)	14. Meat Ball Sub (36g)	15. Half Day No Lunch	16. Half Day No Lunch	17. Half Day No Lunch
20. Martin Luther King Jr Day No School	21. Philly Steak & Cheese Sub (31.5g)	22. General Tso Chicken W/Rice (28g)	23. Pasta with Italian Meat Sauce (50g)	24. Chicken Caesar Wrap (31g)
27. Chicken Quesadilla (30g)	28. Steak and cheese Griller (40g)	29. Orange Chicken Over Rice (28g)	30. Swedish Meatballs Over pasta (36g)	31. Sloppy Joe (47g)
Feb 3. Fiesta Fold over (43g)	4. Spicy Chicken and Waffles (50g)	5. BBQ Pulled Pork Sandwich (35g)	6. Chicken Alfredo Over Pasta (48g)	7. Bosco Sticks With Marinara Sauce(68g)
10. Mexican Lasagna (34g)	11. Chicken Cordon Blue sandwich (36g)	12. Sweet and sour Chicken W/ Rice (31g)	13. Chicken Parma Sandwich (53g)	14. French Toast sticks w/Sausage Patty and Hash Brown(50g)

Every day Options

Each option must have a fruit or a vegetable to be considered a free lunch.
All lunches come with white (11g) or flavored (24g) milk.
Number of grams of carbohydrates in parentheses for all items

Corner Crust Original Pizza

Assorted Whole Grain Pizza
Cheese (34g) & Pepperoni (35g)

Look for daily specials!

Custom Bros Grill

CHICKEN:
Crispy or Spicy Chicken Sandwich (48g), Nuggets (14g)

BURGERS:
Cheeseburger (39g)
Hamburger (38g) &
Veggie Burger (42g)

Tortilla

Nachos (19g), Tacos (29g),
Your Choice of Protein:
Seasoned Chicken (0g), Ground Beef (1g), or Nacho Cheese (6g)

CUSTOMIZE:
Cheese (1g), Rice (17g), Beans (20g) Corn(4g)
TOP IT OFF
Tomato, Onion, Black Olives, Sliced Jalapeno
Salsa Verde, Pico de Gallo, Lettuce

Green Street Deli

Grab and Go SANDWICH
Italian Sub (28g)
Turkey Wrap (29g),
Tuna Salad wrap(31g
Ham & Cheese Sub (28g)

Grab and Go Salads Chef Salad (8g), Garden Salad (14.5g), or Caesar Salad (15g)

All Salads come with your choice of whole grain (Cheese Its, Gold Fish, whole grain Muffin)

The Greens

Available everyday:
Apples 19g, Oranges 15g, Side Salad 6g

Monday: Fruit cocktail 18g, Baby Carrots 1g & Kickin' Pintos 19g or Baked Beans 19g
Tuesday: Pears 18g , Seasoned Carrots 4g & Celery Sticks 3g
Wednesday: Strawberries 33g, Baby Carrots 1g & Broccoli 4g
Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g
Friday: Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g

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