

2018-19 GHS PLATE LUNCH

WE OFFER 5 DIFFERENT CHOICES FOR PLATE LUNCH:

- **HOT LUNCH** - This is served on the left side of the servery as you come in. We offer **1 HOT OR COLD LUNCH** every day on this line. For this lunch you can take up to 5 components to make it a complete lunch.

Protein, bread, vegetable, fruit, and/or milk. You have to take at least 3 (including a vegetable/and or fruit) of these components to make a **PLATE LUNCH**.

- **BAG LUNCH** - There are several different sandwich choices offered daily served in a lunch bag. You must take a vegetable and/or fruit. The bag lunch is located in the same area as the Hot Lunch.

Take a milk and a fruit and you are all set.

- **SALAD LUNCH** - We offer 3-5 different salads daily. You will also find these in the same area as above. You get a choice of dressing and take your milk and you must take a fruit and/or vegetable too.
- **PB & J (Peanut Butter & Jelly)** - You will find these at any register. If you take a milk and a fruit/or vegetable with it, that will be a **PLATE LUNCH**.
- **PIZZA** – DOMINOS™ and another pizza choice is available in the PIZZA line. There will be assorted toppings available. You will need to take a milk and a vegetable/and or fruit to be a **PLATE LUNCH**.