








What's on the Menu?

Groves High School Lunch Menu Week of January 31st

Station	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Chicken & Waffles Whole Grain Waffles with Crispy Boneless Chicken Breast. Served with Curly Fries.	Mashed Spuds Choice of Whole Grain Popcorn Chicken with Steamed Corn Drizzled with Chicken Gravy With Wheat Garlic Breadstick	Half Day No Lunch	Buffalo Chicken Dip Homemade Chicken Dip with Whole Grain Tortilla Chips and Assorted Bell Peppers for Dipping	Create Your Own Wings Wings Tossed with Your Choice of BBQ, Honey BBQ, or Hot Sauce served with Baked Crinkle Fries and Dinner Roll
	<i>Available Daily:</i> Spicy or Crispy Chicken Sandwich, Baked Mozzarella Sticks or Chicken Nuggets with Pretzel Rod				
	Cheeseburger Served with Baked Straight Fries	Chicken Wings with Pretzel Rod Served with Baked Crinkle Fries		All Beef Ballpark Hot Dog Served with Baked Tater Tots	Turkey Cheddar Ciabatta Served with Baked Crinkle Fries
	<i>Available Daily:</i> Whole Grain Bosco Sticks with Dipping Sauce or 3 Cheese French Bread				
	<i>Available Daily:</i> Made to Order Sandwiches & Salads				
	Pick your GRAIN: Specialty, Homemade Artisan Breads, Pretzel Roll, Tortilla Wraps or Lettuce Wrap Available Pick your PROTEIN: Freshly sliced turkey, ham, roast beef, cheddar cheese, pepper jack cheese, provolone cheese, feta Pick your VEGGIES: Fresh chopped romaine and spinach, sliced tomatoes, sliced onions, pickles, assorted peppers, sliced cucumbers, shredded carrots, and more depending on availability				
	Made to Order Street Tacos Fajita Chicken or Beef, Seasoned Black Beans, Corn, Roasted Peppers & Onions, Queso Cheese, & Guacamole	Made to Order Street Eats Generals Chicken, Egg Fried Rice, Sautéed Vegetables, Crunchy Asian Topping & Chicken Egg Roll		Made to Order Chicken Teriyaki Bowl Beef, Teriyaki Sauce, Rice, Broccoli, Snap Peas, Bell Peppers, Carrots	Made to Order Ramen Bowl Noodles, Chicken, Hard Boiled Egg, Onions, Mushrooms, Zucchini, Carrots, Spinach and Crunch Topping
	<i>Available Daily:</i> Hummus Platter with Pita & Fresh Veggies or Fruit, Yogurt Parfait with Homemade Granola Assorted Fresh Fruit Smoothies				
	BLT Turkey Wrap	Hummus & Feta Wrap		Crispy Chicken Caesar Wrap	Buffalo Ranch Chicken Wrap
	Garden Salad	Turkey Cobb Salad		BLT Chicken Salad	Chicken Popper Salad
 <i>Fruit & Vegetable Bar Included with all meals</i>	Rainbow Carrots Black Beans Clementine Assorted Fresh Fruit & Vegetables	Cucumber Coins Broccoli Florets Chilled Peaches Assorted Fresh Fruit & Vegetables		Garbanzo Beans Celery Sticks Cantaloupe Cubes Assorted Fresh Fruit & Vegetables	Carrots & Broccoli Watermelon Slices Cinnamon Applesauce Assorted Fresh Fruit & Vegetables

A lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include fat-free white, chocolate or strawberry.



As school foodservice programs move to return to normal, we are facing unprecedented issues with the nationwide food supply chain that will cause us to alter our posted menus with little to no notices. While it is our intention to serve the posted menu, supply issues may not make this possible until nationwide food supply chain issues are rectified. We will always attempt to substitute the scheduled menu item with another that is similar.

The USDA is or discrimination because of race, color, sex, age, disability or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. This menu meets the USDA nutrition regulations.