

Galax Middle / High Schools  
April 2017  
Lunch Menu

SALAD BAR OFFERED DAILY

CHOOSE 1: UNFLAVORED/FLAVORED  
LOWFAT/NONFAT MILK  
OFFERED DAILY W/ EACH OPTION

MONDAY, APRIL 3

CHOOSE 1: CHICKEN QUESADILLA OR BEAN BURRITO  
CHOOSE 1, 2, OR 3: LETTUCE, TOMATO, CORN, SALSA, REFRIED BEANS  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

TUESDAY, APRIL 4

CHOOSE 1: BEEF PLANKS OR GRILLED CHICKEN, ROLL  
CHOOSE 1, 2, OR 3: TATER TOTS, CARROTS, PINTOS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

WEDNESDAY, APRIL 5

CHOOSE 1: SPAGHETTI W/MEAT SAUCE & BREADSTICK, THREE CHEESE CALZONE  
CHOOSE 1, 2 OR 3: SPINACH, DICED TOMATOES, GREEN BEANS, RED PEPPER STRIPS  
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

THURSDAY, APRIL 6

CHOOSE 1: HOT DOG ON BUN OR HAM/CHEESE WRAP  
CHOOSE 1 OR ALL: FRENCH FRIES, BAKED BEANS, SLAW, CHILI  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

FRIDAY, APRIL 7

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS WITH ROLL  
CHOOSE 1, 2, OR 3: CREAMED POTATOES, CARROTS, BRUSSEL SPROUTS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

MONDAY, APRIL 10

CHOOSE 1: HAM & CHEESE OR FISH ON BUN  
CHOOSE 1, 2 OR 3: TATER TOTS, LETTUCE TOMATO, CARROTINES  
CHOOSE 1: PEACHES, FRESH FRUIT

TUESDAY, APRIL 11

CHOOSE 1: BAKED HAM W/ ROLL  
CHOOSE 1 OR ALL: CREAMED POTATOES, GREEN BEANS, CORN ON COB  
CHOOSE 1 OR 2: APPLESAUCE DESSERT

WEDNESDAY, APRIL 12

CHOOSE 1: PEPPERONI OR CHEESE STUFFED CRUST PIZZA  
CHOOSE 1 OR ALL: GREEN SALAD, DICED TOMATOES, GREEN BEANS, RED PEPPERS  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

THURSDAY, APRIL 13

CHOOSE 1: CHICKEN FRIES OR FISH STICKS, ROLL  
CHOOSE 1 OR ALL: CREAMED POTATOES, CARROTS, SUGAR SNAP PEAS  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

APRIL 14—17

SPRING BREAK – NO SCHOOL

TUESDAY, APRIL 18

CHOOSE 1: RIB OR HAM & CHEESE ON BUN  
CHOOSE 1 OR ALL: TATER TOTS, LETTUCE, TOMATO, BAKED BEANS, CORN ON COB  
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

WEDNESDAY, APRIL 19

CHOOSE 1: LASAGNE W/BREADSTICK OR THREE CHEESE CALZONE  
CHOOSE 1, 2, 3: SPINACH, DICED TOMATOES, GREEN BEANS  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

THURSDAY, APRIL 20

CHOOSE 1: HARD OR SOFT TACO'S  
CHOOSE 1 OR ALL: LETTUCE, TOMATO, REFRIED BEANS, CORN, SALSA  
CHOOSE 1 OR 2: MANADRIN ORANGES, FRESH FRUIT

FRIDAY, APRIL 21

CHOOSE 1: HAMBURGER W/CHEESE OR SPICY CHICKEN ON BUN  
CHOOSE 1 OR ALL: POTATO WEDGES, LETTUCE, TOMATO, ONION, PICKLE CHIPS, MIXED VEGGIE  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

MONDAY, APRIL 24

CHOOSE 1: GRILLED CHICKEN OR FISH ON BUN  
CHOOSE 1 OR ALL: LETTUCE, TOMATO, SWEET POTATO FRIES, CALIFORNIA BLEND VEGGIES  
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

TUESDAY, APRIL 25

CHOOSE 1: MINI CORN DOGS OR STUFFED CRUST PEPPERONI PIZZA  
CHOOSE 1 OR ALL: GREEN BEANS, SWEET POTATO PATTIES, GREEN SALAD, DICED TOMATOES  
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

WEDNESDAY, APRIL 26

CHOOSE 1: CHILI CHEESE FRIES OR BAKED POTATO BAR W/ROLL  
CHOOSE 1 OR ALL: BROCCOLI, GREEN SALAD, DICED TOMATOES  
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

THURSDAY, APRIL 27

CHOOSE 1: CHICKEN FAJITA OR HAM & CHEESE WRAP  
CHOOSE 1 OR ALL: LETTUCE, TOMATO, FAJITA VEGGIES, CORN, SALSA, REFRIED BEANS  
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

FRIDAY, APRIL 28

CHOOSE 1: HAMBURGER W/ CHEESE OR FISH ON BUN,  
CHOOSE 1 OR ALL: TATER TOTS, LETTUCE, TOMATO, ONION, PICKLE CHIPS, MIXED VEGGIES,  
CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

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