

Spring 2017
The Menu

(Alphabetically)

4 Cheese Baked Pasta

Mozzarella, Parmesan, Cottage, and Ricotta cheeses combine with a marinara sauce to smother pasta that is baked together to a cheesy delight. Side salad and fruit.

Alphabet Vegetable Soup & NNB (Non-Nutbutter with Homemade Apple Butter Sandwich)

The title says it all; local vegetables picked fresh and frozen at their peak swimming in a tomato based broth with “alpha-bits”. Non nut butter sandwiches made with fresh apple butter made with love. Apple slices on the side.

Baked Bananas & Berries with Oatmeal

The name says it all, and what could be better than breakfast for lunch? Bananas, blueberries, cherries, and strawberries baked right into the oatmeal... Yum! Fresh carrots on the side.

Baked Falafel

Baked falafel served in whole wheat pita pockets. Shredded lettuce, tomatoes, plain yogurt, sunflower seeds, cucumbers, and onions available on the side.

Baked Potato Bar

Nice sized tater with all the toppings offered on the side. Butter, sour cream, bacon bits, steamed broccoli and cheddar cheese. Fresh fruit is also offered.

Bean & Cheese Burritos

Refried Pinto beans and shredded cheddar wrapped in a whole wheat tortilla. Sour cream and salsa on the side. Fresh fruit and veggies round out the meal.

Beef Barley Vegetable Soup & Crusty Rolls

Tomato-beef broth based soup filled with vegetables and barley will fill your tummy with warm goodness. Served with crusty rolls to soak up every last drop. Fruit on the side.

Mr. Bill Jackson's Beef Stew

Nothing hits the spot on a cold Indiana day more than this full bodied stew made with local, humanely raised beef, organic potatoes and carrots. Served with crusty bread to soak up every last drop. Fruit on the side.

Black Bean Enchiladas

Cheesy and creamy black bean enchiladas with black beans served swimming in a homemade enchilada sauce topped with cheddar. Homemade Salsa Verde along with hot sauce to heat it up and sour cream to cool it down!

Burito Supreme Bar

Lettuce, tomato, sour cream, cheese, Spanish rice, black olives salsa, jalpenos, avocado slices, pico de gallo, refried beans and taco meat are all there for the choosing to make your burrito truly supreme. Fruit on the side.

Cheese Pizza Mondays

The pizza hot lunch consists of 1-2 large slices of Bruno's cheese pizza pie made especially for us with whole wheat flour, and virtually unlimited vegetables. Fruit on the side.

Chicken Broccoli Rice Casserole

The title explains it all! This gluten free cheesy dish is sure to hit the spot. Fresh fruit accompanies.

Chicken Chow Mein

This stir fry proved to be delicious winner! It combines bok choy, zucchini, carrots, and snap peas with local chicken in a MSG free sauce on a bed of brown rice. Topped with chow mein noodles. Fortune Cookie accompanies.

Chicken Fried Rice

Local chicken stir fried with Chinese vegetables and with our own delicious eggs from “the girls” out in the yard and brown rice. Fortune cookie accompanies.

Chicken Mei Fun

The usual suspects stir fried with our own eggs and local chicken. Served over **Rice noodles!** Fortune cookie accompanies!

Chicken with Pasta and Broccoli Trees

Tender bite sized pieces of chicken served atop parsley buttered whole wheat pasta. Steamed broccoli makes this a delicious pair. Fresh fruit.

Chili ‘N Cornbread

Beef and tomatoes swimming in a chili broth will cure what ails you on a cold Indiana day. Sour cream, shredded cheese and onion all available for topping, Skillet honey cornbread and fresh fruit.

Colcannon

A Saint Patrick’s Day favorite, Colcannon is a traditional Irish dish made from cabbage and mashed potatoes with bits of kale thrown in for the fabled bits ‘o green. Stewed tomatoes served on the side.

Empanadas Argentinas by Mr. Juan Vitulli

These baked empanadas, prepared by Mr. Vitulli combine local beef and authentic Argentina ingredients will surely delight your taste buds without being too spicy!

Fiesta Bar

A favorite of all, this festive bar includes whole wheat and corn tortillas, taco shells, tostadas and nachos on which to build your dream Latino feast. All the fixin’s to make it just right will be there. Sour cream, shredded lettuce, avocado chunks, shredded cheese, tomatoes, black olives, salsa, hot sauce, jalapenos, pico de gallo, guacamole, taco meat, and my very own refried beans.

Good Shepherd’s Pi

In honor of Pi Day this one has peas, carrots, corn, beans and ground beef swimming in a light gravy topped with mashed potatoes feels like a warm hug for your tummy. Fruit on the side

Hawaiian Haystacks

One of the students’ favorite things to do at lunchtime is to create their own plate. I am always looking for meals that allow them to do this and in this lunch, I think I have succeeded. The base is brown rice, topped with a slow cooked creamy chicken mixture followed by toppings of their own choosing: pineapple, lo mein noodles, green onion, cheese, unsweetened shredded coconut, green peppers, diced tomatoes, and soy sauce.

Hoppin' John

*"Eat poor that day, eat rich the rest of the year.
Rice for riches and peas for peace."
~Southern Saying*

A southern tradition, which my family has carried on, is the eating of black-eye peas, pork, greens, and rice on New Year's Day. Legend has it that you will have good fortune and wealth if you eat this combination of foods on the first day of the New Year. The students enjoyed this meal so much that they clamored for it on more than just New Year's Day. Hoppin' John has its origins in the Carolinas, where some say a waiter gave it the handle. Black-eye peas slow cooked with a ham bone and rice till it practically melts in your mouth. Served with something green in a nod to tradition and fruit on the side. Cornbread accompanies.

Honey BBQ Chicken Legs

Homemade honey bbq sauce baked on to happy, local chicken legs served up with my own potato salad and fresh fruit!

Italian Wonderpot

The freshness is what speaks to me in this old favorite. Whole Wheat pasta cooked in broth with fresh tomatoes, spinach and Italian herbs topped with choice of feta or parmesan cheese. . Local sausage medallions served on the side.

Jerk Chicken

Packed with chicken, black beans and sweet potatoes, this Jamaican-style dish is a meal one to be savored, mon! Honey and lime juice add to the Caribbean feel.

Jimmy Mac's Pulled Pork BBQ Sandwich

Some of you may have met Jim McDonald (uncle of our very own Mr. McDonald) who runs a commissary featuring delicious pork. His pulled pork, topped with my own honey bbq sauce (hot available on request) piled on a whole wheat bun served with sweet, creamy coleslaw. Fresh fruit on the side.

Korean Beef Bowl

This sweet BBQ is purported to be delicious. Comes to our kitchen highly recommended by the pickiest of eaters! Veggie and fruit on the side.

Lucky Leprechaun Skillet

Tomatoes, cabbage, pasture raised local ground beef and rice meld together in the skillet in the most divine way. Shredded cheese to top optional. Fruit on the side. Have a dish and may the luck of the Irish be with ye!

Mac and Cheese

Kid favorite, good ole macaroni and cheese, made with whole grain noodles and a homemade two cheese sauce. Served with a surprise veggie and fruit.

Mini Meatloaf

Mini meatloaves, just the right size for one, with a brown sugar tomato glaze that's sure to please. Served with "mashed potatoes" and green beans frozen here! See what your student can tell you about this comfort meal. Fruit on the side.

Mu Shu Chicken Wraps

Local Chicken marinated and stir fried in bok choy and carrots served up wrapped with delicious hoison sauce in a tortilla or lettuce wrap. Fortune cookie accompanies.

Pasta Bar

This pasta bar comes to you from the minds and palates of our departing 8th grade class as their “last ever” lunch at GSMS. They will be participating in all aspects of the preparation and serving of this lunch as their final gift to the community. There will be marinara, (with or without meat) Alfredo and a cheese sauce with which to top your pasta. Side salad and fruit complete their “last ever”

Picadello

A Puerto Rican ground beef stew, a personal favorite of mine, potato, carrots, green beans, tomatoes and corn all smothered in slightly twangy sauce served over brown rice. Crisp apple slices complete the feast!

Red Beans and Rice

The traditional Monday dish of New Orleans, Red Beans and Rice, will help us celebrate Mardi Gras in the true Crescent City fashion. Red beans slow cooked with a ham bone and served over brown rice. Vegetables and fruit on the side.

Salad Bar

There is something for everyone on this bar; it definitely is not just greens and dressing! Fruit, vegetables, several protein sources, and various school prepared salads are all in the mix.

Salad Sandwich Day

Egg salad or tuna salad sandwich served on choice of whole wheat bread, toast, or crackers. You can tuna piano...but you can't tuna fish! □ Mom's recipe of tuna salad can't be beat! Lots of yummy fixin's available to make it just right. Served with “chips” and fresh fruit.

Sloppy Joes

Family favorite for years served on a whole wheat bun with pickle side. ”Chips” and fresh fruit accompany.

Spaghetti Tacos!

Made with a mild marinara sauce. The whole grain noodles that try to escape your fork are now safely trapped in a hard corn taco shell. Add lettuce and mozzarella cheese and you have a meal!

Spaghetti Marinara (in my absence)

A special blend of 3 spaghetti noodles make this fiber rich pasta dish a yummy treat that is good to eat!

Spaghetti with Meat Sauce

A special blend of 3 spaghetti noodles makes this fiber rich pasta dish with meat sauce a delicious Italian treat! Served with side salad and fruit.

Mrs. Christine Mighion's Spanakopita & Greek Roasted Potatoes

Greek cheese and spinach pie made with phyllo dough accompanied by potatoes roasted with Greek seasonings. Fruit accompanies.

Taco Bar

This taco bar has all the “fixins”; shredded lettuce, shredded cheese, tomatoes, salsa, sour cream, black olives, Spanish rice, Pico de Gallo, freshly made guacamole, avocado slices, refried beans and taco meat on choice of ; whole wheat tortilla, corn tortilla or hard shell. Fruit on the side.

Taco Belle Michele

My own creation, world renowned, often imitated, never duplicated, this satisfying dish has all the makings of a great feast south of the border. Refried beans, sour cream, cheddar cheese, shredded lettuce, tomatoes, black olives, green onion with salsa on the side served on a bed of multigrain nachos.

Tomato Soup and “Grilled Cheese”

American classic, fresh, homemade tomato soup and my version of grilled cheese made in the oven, veggie, and fresh fruit make this favorite lunch complete.

Tostada Bar

Corn tostada and my famous refried beans are the base for this south of the border treat. Shredded lettuce and cheese, tomatoes, salsa, sour cream, guacamole, avocado slices, jalapenos, hot sauce, Spanish rice, homemade pico de gallo, and more make this a lunch that will make you say ole’.

Vegetable Soup & NNB (Non-Nutbutter with Homemade Apple Butter Sandwich)

The title says it all; local vegetables picked fresh and frozen at their peak swimming in a tomato based broth with “alpha-bits”. Non nut butter sandwiches made with fresh apple butter made with love. Apple slices on the side.

White Chili

Great Northern Beans and local chicken make up the base for this yummy treat. Served with tortilla strips and sour cream for topping.

Wonton Noodle Soup

Wonton wrappers cut in thin strips swimming in homemade chicken broth with local, pasture raised, hormone/antibiotic free pork sausage and pea pods. Fresh Fruit and fortune cookie accompanies.

Yogurt Bar

Plain, local yogurt just waiting for to be jazzed up your way with honey, homemade nut free granola, peaches, strawberries, blueberries and more. The savory side of yogurt includes dips such as Mint-Cucumber Raita, Chatpata Chana Raita, and Avocado Raita in which to dab the homemade whole wheat pita chips. Dried vegetables complement the feast.

A la Carte

The Ala Carte menu may contain, but is not limited to, **a few of the following** on a given day; cottage cheese, plain yogurt with honey/fruit, green salad, non-nut butter sandwich, hummus, hard boiled eggs, tuna, cheese slices, or vegetarian soup.

**Please visit website to place your order by
Thursday,
December 16th.**