### GCA Lunchroom Menu 2019-2020

**STUDENT & TEACHER PRICE LIST**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Price</th>
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<tbody>
<tr>
<td>Monday &amp; Friday</td>
<td>Chick-Fil-A: Fried Chicken Sandwich .................................................. $3.95</td>
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<td></td>
<td>Nuggets (6-count) .......................................................... 3.75</td>
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<td></td>
<td>Grilled Nuggets (6-count) ................................................. 3.95</td>
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<td></td>
<td>Side Salad <em>(Teachers ONLY)</em> .............................................. 3.50</td>
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<td>Market Salad <em>(Teachers ONLY)</em> .......................................... 7.95</td>
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<td>Tuesday:</td>
<td>Domino’s Pizza: Cheese Pizza Per Entrée (2 slices) ................. 3.50</td>
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<td></td>
<td>Pepperoni Pizza Per Entrée (2 slices) ......................... 3.50</td>
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<td></td>
<td><strong>Preschool ONLY</strong> Per Entrée (1 slice) .................. 2.00</td>
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<td>Wednesday:</td>
<td>Pollard’s: Chicken Sandwich ....................................................... 3.95</td>
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<td></td>
<td>Chicken Tenders (2) w/ 5 oz. Mac &amp; Cheese ............... 4.25</td>
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<td></td>
<td>Chicken Tenders (3) w/ 5 oz. Mac &amp; Cheese ............... 5.50</td>
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<td>12 oz. Mac &amp; Cheese .................................. 3.75</td>
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<td>Thursday:</td>
<td>Domino’s Pizza: Cheese Pizza Per Entrée (2 slices) ................. 3.50</td>
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<td></td>
<td>Pepperoni Pizza Per Entrée (2 slices) ......... 3.50</td>
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<tr>
<td></td>
<td><strong>Preschool ONLY</strong> Per Entrée (1 slice) .................. 2.00</td>
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<td>Monday thru Friday:</td>
<td>Deli: Corn Dog ................................................................. 1.25</td>
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<td></td>
<td>Cheeseburger ................................................................. 2.75</td>
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<td></td>
<td>Smucker’s Peanut Butter &amp; Jelly Sandwich .................. 1.50</td>
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### Miscellaneous Items

- Chips ................................................................. 0.50
- Crackers ............................................................ 0.50
- Ice Cream ............................................................ 0.75
- Cakes & Cookies .................................................. 0.50
- Gummy Fruit Snack ................................................ 0.50
- Apples ................................................................. 1.00
- Bananas ............................................................... 0.75
- Muffins ................................................................. 1.00
- Clif ® Protein Bar .................................................. 1.50
- Kind® Bar .............................................................. 1.50
- Sargento® Balance Breaks ........................................ 1.50
- Roasted Almonds .................................................... 0.95
- Sargento ® Colby Jack Cheese Stick ......................... 0.75
- Sargento ® Mozzarella Cheese Stick ...................... 0.75

### Beverages

- Milk (White or Chocolate) ....................................... 0.75
- Juice Box *(P2-1st Grade only)* ................................ 0.50
- Soda, Powerade *(6th-12th Grade)* .......................... 0.75
- Water *(All Grades)* .................................................. 0.10
- Fork, Spoon, or Plate ............................................. 0.05
- Ketchup, Mustard, Mayo (w/out purchase) ................. 0.05
**Allergen List**

**Chick-Fil-A:** sandwich- wheat, milk, egg, soy
nuggets- dairy, wheat, egg
100% refined peanut oil- okay for majority of peanut allergies

**Pizza:** milk, soy, wheat

**Pollards:** puffs- eggs, milk, wheat
chicken tenders- eggs, milk, wheat
mac and cheese- eggs, milk, wheat
chicken sandwich- eggs, milk, wheat
soy based vegetable oil for frying

**Angus Cheeseburger:** Wheat, milk, soy, sesame seed

**Corn dogs:** wheat, soy, eggs, milk

**Smucker’s peanut butter and jelly:** wheat, soy and peanuts
May contain hazelnut and hazelnut products and milk

**Otis Wild Blueberry, Chocolate muffin:** eggs, soy, milk, wheat; made in facility that also processes milk, peanuts and tree nuts ((ALMONDS, CASHEWS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS)).

OTIS Banana Nut muffin: walnut nuts, eggs, soy, milk, wheat; made in facility that also processes milk, peanuts and tree nuts ((ALMONDS, CASHEWS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS)).

**Oatmeal Crème Pie:** trace peanuts and tree nuts; Soy, milk, eggs, wheat

**Keebler M&M Bite Size cookies:** trace peanuts and tree nuts; wheat, soy, milk, eggs

**Freshley’s Chocolate Cupcake:** trace peanuts and tree nuts; wheat, soy, eggs, milk

**Lance Nekot:** soy, milk, peanuts, wheat

**Lance Toastchee:** soy, milk, peanuts, wheat

**Grandma’s Choc chip cookies:** Wheat, milk, soy, egg

**Big Texas Cinnamon Roll:** Wheat, milk, soy, egg

**Duchess Mini sugar donuts:** Wheat, milk, egg, soy, coconut

**Duchess Mini choc donuts:** Wheat, milk, egg, soy

**Jumbo Iced Honey Bun:** Wheat, soy, milk, eggs

**Keebler Mini Fudge Stripes Cookies:** milk, soy, wheat

**Keebler Sugar Wafers vanilla:** wheat, soy

**Ruffles cheddar and sour cream:** milk

**Doritos Nacho Cheese chips:** milk

**Lays BBQ Chips:** none

**Lays Classic:** none

**Veggie Ranch snacks:** milk

**Cheez-it:** wheat, milk, soy

**Gold fish:** wheat, milk

**Chex Mix:** wheat, soy

**Mayo:** soy, eggs

**Ice cream:** milk; “Processed around other allergens” factor has only 1 assembly line and even though they clean between batches they cannot guarantee any cross contamination
NEW SNACKS APRIL 2019

Peanut Butter Dark Chocolate Kind Bar: peanuts, almonds and soy. Made in facility that processes peanuts, tree nuts, soy and sesame seeds.

Caramel Almond and Sea Salt Kind Bar: almonds, milk and soy. Made in facility that processes peanuts, tree nuts, soy and sesame seeds.

Sargento Balanced Breaks: Almonds, milk. May also contain peanuts and other tree nuts.

Sargento Balanced Sharp White Cheddar Cheese with Almonds and Cranberries Breaks: Almonds, milk, cranberries. Made in facility that also processes other tree nuts, peanuts, soy and wheat.

Sargento Balanced Sharp White Cheddar Cheese with Cashews and Golden Raisin Breaks: Cashews, milk, cranberries. Made in facility that also processes other tree nuts, peanuts, soy and wheat.

Sargento Colby Jack Cheese Sticks: milk

Sargento String Cheese Sticks: milk

Chocolate Chip Clif Bar: Soy. May contain peanuts, tree nuts, milk, and wheat.

Crunchy Peanut Butter Clif Bar: Peanuts and soy. May contain tree nuts, milk and wheat.