



HIGH SCHOOL EXTRAS

TACO BAR (Monday & Friday)

Taco Salad	\$1.80
SD! Beef Nachos	\$1.80
Cheese Nachos	\$1.80
Home-style Burrito	\$1.80
Bean Burrito	\$1.80
Enchiladas	\$1.80
Soft Taco	\$1.80
Chicken Quesadilla	\$1.80
Taco Quesadilla	\$1.80
Mexican Pizzadillas	\$1.80
Chili Pie w/Scoops	\$1.80
Crispito w/Cheese	\$1.80
Beans or Rice	\$0.75
Other Fruit/Vegetable	\$0.75
Cheese Sauce	\$0.50

PASTA BAR (Tuesday & Thursday)

SD! Calzone	\$1.80
Meatball Sub	\$1.80
Chicken Parmesan Sub	\$1.80
Garlic Cheesy Flatbread w/Sauce	\$1.80
Papa John's Pizza	\$1.80
Pasta w/Sauce	\$1.80
(Choice of marinara, alfredo, or meat)	
Stuffed Mozzarella Sticks w/Sauce	\$1.80
Breadstick	\$0.40
Side of Sauce	\$0.50

SNACKS AND STUFF.

Chick-fil-A Sandwich	\$3.00
Chicken Box w/Roll	\$3.00
Chicken Wrap	\$2.75
Chicken Caesar Wrap	\$2.75
Sub Combo w/Chips	\$3.00
Assorted Sandwiches	\$1.80
SD! Premium Chicken Nuggets	\$3.00
French Fries	\$1.00
Cici's Pizza	\$1.80
Big Daddy's 7" Pizza	\$2.00
Cheese Sticks (4)	\$1.80
Cheese Nachos	\$1.80
SD! Mashed Potato Bowl	\$1.80
Hamburger Sliders	\$1.80
Campbell's Soup	\$1.80
Chef Salad	\$2.50
Garden Salad	\$1.80
Fresh Fruit Cup	\$1.50
SD! Yogurt Parfait	\$1.00
Fruit Chillers	\$0.75
Assorted Cookies (2)	\$0.80
Assorted Snacks	\$0.60-\$1.00
Ice Cream	\$0.75
Assorted Beverages	\$0.60-\$1.50
Cheese Sauce or Gravy	\$0.50
Water & Gatorade	\$1.00
100% Juice & Pint Milk	\$1.25
Canned Drinks	\$0.85
Milk	\$0.65
Organic Sweet Tea (can)	\$1.00

CHINESE BAR (Wednesday)

SD! Orange Chicken	\$1.80
Beef w/ Broccoli	\$1.80
Spicy Kung Pao Chicken	\$1.80
Chicken Egg Roll	\$1.80
Asian Meatballs	\$1.80
Rice	\$0.75
Lo Mein Noodles	\$0.75

SD! • Signature Dish! Yum!
We'll rotate your favorites! (Not all items offered every day.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Breakfast Favorites Breakfast Pizza	Egg & Cheese Burrito Breakfast Pizza	Sausage Biscuit Sandwich Breakfast Pizza	Pancakes Breakfast Pizza	Morning Sausage Roll Breakfast Pizza
CYCLE 2	Colby Cheese Omelet Breakfast Pizza	French Toast Sticks Breakfast Pizza	Sunrise Sandwich Breakfast Pizza	Egg & Cheese Biscuit Breakfast Pizza	Fruit Frudel Breakfast Pizza
CYCLE 3	Belgian Waffle Breakfast Pizza	Chicken on a Biscuit Breakfast Pizza	Pancake on a Stick Breakfast Pizza	Texas Cheese Toast Breakfast Pizza	Breakfast Favorites Breakfast Pizza

CYCLE 1

August 22 - 26
September 12 - 16
October 3 - 7
October 24 - 28
November 14 - 18
December 12 - 16
January 18 - 20
February 6 - 10
February 27 - March 2
March 26 - 30
April 16 - 20
May 7 - 11
May 29 - May 31

CYCLE 2

August 29 - September 2
September 19 - 23
October 11 - 14
October 31 - November 4
November 28 - December 2
January 2 - 6
January 23 - 27
February 13 - 17
March 5 - 9
April 2 - 5
April 23 - 27
May 14 - 18

CYCLE 3

September 6 - 9
September 26 - 30
October 17 - 21
November 7 - 11
December 5 - 9
January 9 - 13
January 30 - February 3
February 22 - 24
March 19 - 23
April 9 - 13
April 30 - May 4
May 21 - 25

AVAILABLE DAILY!

Assorted Breakfast Sandwiches, Cereal, Wheat Toast, Seasonal Fresh Fruit, Juice, and Milk

GRAB A HEALTHY BREAKFAST



Grapevine-Colleyville ISD cares about our Planet.
MyMenu is printed on recycled paper. Do your part.

MY GRAPEVINE-COLLEYVILLE ISD MENU

GET HEALTHY

GRAPEVINE HIGH SCHOOL
COLLEYVILLE HERITAGE HIGH SCHOOL

ALL YOURS... A NUTRITIOUS MEAL SERVED EVERY DAY!

AVAILABLE DAILY

Manager's Choice entree, chicken nuggets, mashed potatoes, cream gravy, assorted fruits and vegetables, garden salad, rolls and gelatin with fruit. Non-fat white, chocolate or strawberry milk is offered at all meals. Menus are subject to change due to availability.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Hot Dog Chicken Tenders Seasoned Green Beans Mashed Potatoes & Gravy Garden Salad Chilled Peaches Wheat Roll	All American Wrap Pot Roast w/ Gravy Baked Okra Corn on the Cobb Baja Salad Fresh Orange Wheat Roll	Cheese Pan Pizza Chef Salad Italian Blend Vegetables Baby Carrots & Ranch Dip Pineapple & Cherries Wheat Roll	Crispy Tacos Sweet & Sour Chicken Black Beans Mixed Vegetables Apple & Cranberry Salad Chilled Pears	Chicken Pot Pie Breaded Beef Strips Roasted Potatoes Parmesean Broccoli BLT Chopped Salad Fruit of the Day Wheat Roll
CYCLE 2	Grilled Cheese Sandwich Roasted Chicken Tomato Soup Crispy Green Beans Garden Salad Fruit Cocktail Wheat Roll	Chicken Spaghetti Corn Dog Mashed Sweet Potatoes Steamed Broccoli Baja Salad Gelatin w/ Fruit Wheat Roll	Pepperoni Pan Pizza Chicken Eggroll Cucumber Slices Roasted Carrots w/ Oregano Caesar Salad Fresh Grapes	Fuel Up to Play Lasagna Culinary Favorite Broccoli, Carrots & Cauliflower Lima Beans Garden Salad Fruit of the Day	Chicken Hoops Hamburger Onion Rings Cherry Tomatoes BLT Chopped Salad Bananas Wheat Roll
CYCLE 3	Baked Chips w/Cheese Sauce Salisbury Steak Ranchero Beans Vegetable of the Day Garden Salad Mandarin Oranges & Cherries Wheat Roll	Chicken Spaghetti Shrimp Poppers Seasoned Zucchini Baby Carrots & Ranch Dip Baja Salad Fresh Apple Wheat Roll	Cheese Pan Pizza Buffalo Chicken Wrap Seasoned Green Beans Celery Sticks Caesar Salad Apricots	Chicken Salad Pita Macaroni & Cheese Black Beans Sweet Potato Puffs Apple & Cranberry Salad Sliced Peaches	Meatloaf Chicken Crispito Mashed Potatoes & Gravy Lemon Zest Broccoli BLT Chopped Salad Spiced Apples Wheat Roll
CYCLE 4	Yogurt Combo Spicy Chicken Sandwich Baked Veggie Sticks Cucumbers & Apples Seasoned Spinach Blueberries & Cream	Mini Slider Burgers Chef Salad Orange-Glazed Carrots Roasted Cauliflower Baja Salad Rosy Applesauce	Pepperoni Pan Pizza Turkey & Cheese Sub Squash Medley Fresh Vegetable Cup Caesar Salad Strawberries & Bananas	Penne Pasta & Meat Sauce Fish Nuggets Green Peas Cole Slaw Apple & Cranberry Salad Wheat Roll	Culinary Favorite Swedish Meatballs Brown Rice Sweet Corn BLT Chopped Salad Seasonal Fresh Fruit Wheat Roll

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 May 29-31

CYCLE 2

August 29 - September 2
 September 26-30
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 January 9-13
 February 6-10
 March 5-9
 April 9-13
 May 7-11

CYCLE 3

September 6-9
 October 3-7
 October 31- November 4
 December 5-9
 January 18-20
 February 13-17
 March 19-23
 April 16-20
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CYCLE 4

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A lettuce & pickle cup will be offered with Hamburgers, Cheeseburgers, Wraps, and Chicken Sandwiches.

BREAKFAST PRICES

School breakfast is offered daily. A la carte breakfast choices available at all secondary schools.

Entrée, bread, milk and juice \$1.00

Reduced-Priced \$0.30

LUNCH PRICES

Lunch Plate Special

(Reimbursable Meal)

Choose one entrée, 2 choices of fruit or vegetable sides, bread, and milk Only \$2.30

Entrée only \$1.80

Vegetable/Fruit \$0.75

Roll/Bread \$0.40

Milk \$0.65

Reduced-Price \$0.40

Adult/Guest \$3.00



WHAT IS A REIMBURSABLE MEAL?

Breakfast consists of four components: 1) Meat or meat alternate; 2) Bread; 3) Milk; 4) Juice. Students must select at least three of the four components for the breakfast to be counted as a reimbursable meal.

Lunch consists of five components: 1) Meat or meat alternate; 2) Fruit; 3) Vegetable; 4) Bread or bread alternate; 5) Milk. A complete lunch consists of 1 Entrée, 1 or 2 servings of fruit or vegetable (no duplicates), 1 or 2 bread servings, and 1/2 pint of milk. Students must select at least three of five components for the meal to be counted as a reimbursable meal.

HOW TO EAT A GREAT MEAL...

1

The first (and hardest) part is to make a decision and pick your meal out of all these delicious and nutritious choices!

2

Carry your delectable selection with utmost care to your choice of dining areas. Is your shoe string tied?

3

Dig in. Make a happy plate and smile. Tomorrow's a new day. Repeat.

OUR MISSION

The Nutrition Services Department at Grapevine-Colleyville Independent School District is committed to providing a nutritious meal to every child. By providing children of our community with quality food and service, we are valuable partners in education. Our efforts as professionals in child nutrition will further the growth and success of our students, staff and community.

GCISD CHILD NUTRITION SERVICES

Visit our website for updates and new menu items at

www.gcisd-k12.org

or call Nutrition Services at (817) 251-5618.

Director, Julie Telesca, SNS, CTSBS
 Dietitian, Amy Tramm, MS, RD, LD