

November 2024

GCSH High School



Monday

Tuesday

Wednesday

Thursday

Friday

Free and Reduced Applications

The 2024-2025 Iowa Eligibility Application for free or reduced meals is available to fill out and submit online at: ezmealapp.com. You may also pick up a paper application in the school offices. We encourage everyone to fill out an application to see if you qualify.

NO SCHOOL

Cereal, Crackers
Milk, Fruit & Juice

4

Bosco Cheese Sticks
Marinara Sauce or
Fiestada Beef Sandwich
Steamed Corn, Salad Bar
Peaches, Cookie
Milk

Mini Donuts
Milk, Fruit & Juice

5

Cheese Omelet
French Toast & Syrup
Or Deli Sub Sandwich
Hashbrown, Fresh Veggies
Chilled Strawberries
Milk

Breakfast Pizza
Milk, Fruit & Juice

6

Chicken Nuggets
Or Cheeseburger
French Fries
Salad Bar, Banana
Bread & Butter
Milk

Cinnamon Roll
Milk, Fruit & Juice

7

Super Nachos Or
Spicy Chicken Patty on a Bun
Steamed Peas, Salad Bar
Chilled Applesauce
Cinnamon Breadstick
Milk

Cereal, Crackers
Milk, Fruit & Juice

8

Pizza Or
Cooks Choice
Green Beans, Salad Bar
Mandarin Oranges
Jonny Pop
Milk

Cereal, Crackers
Milk, Fruit & Juice

11

Sloppy Joe on a Bun
Or Pork Fritter on a Bun
French Fries
Salad Bar
Pears, Slushy Cup
Milk

Cowboy Bread
Milk, Fruit & Juice

12

Chicken Patty on a Bun
Or BBQ Rib on a Bun
Honey Glazed Carrots
Salad Bar, Apple Slices
Fresh Baked Cookie
Milk

Sausage Gravy, Biscuit
Milk & Juice

13

Hot Dog on a Bun
Or Grilled Cheese Sandwich
Baked Beans
Broccoli Salad
Peaches, Jonny Pop
Milk

Long John
Milk, Fruit & Juice

14

Mandarin Chicken/Rice
Or Quesadilla
Steamed Broccoli Normandy
Pineapple, Bread & Butter
Fortune Cookie
Milk

Cereal, Crackers
Milk, Fruit & Juice

15

Macaroni & Cheese
Or Meatball Sub
Steamed Peas, Salad Bar
Red Grapes
Dinner Roll
Milk

Cereal, Crackers
Milk, Fruit & Juice

18

Breaded Cheese Sticks
Marinara Sauce OR
Burrito & Cheese Sauce
Steamed Corn, Salad Bar
Chilled Peaches, Sherbet Cup
Milk

Mini Donut Holes
Milk, Fruit & Juice

19

Soft Shell Taco Or
Chicken Fajita Wrap
Lettuce, Cheese & Salsa
Refried Beans, Salad Bar
Applesauce, Churro
Milk

Pancake on a Stick
Fruit, Milk & Juice

20

Mini Corn Dogs
Or Pizza Crunchers
Baked Beans, Salad Bar
Chilled Pears
Goldfish Crackers
Milk

Cereal, Crackers
Milk, Fruit & Juice

21

Turkey & Gravy over
Mashed Potatoes
Green Beans, Apple
Roll & Butter
Harvest Bar
Milk

Long John
Milk, Fruit & Juice

22

Hamburger on a Bun Or
Pepper Jack Pretzel Bites
French Fries, Salad Bar
Mandarin Oranges
Fruit Slushy
Milk

Cereal, Crackers
Milk, Fruit & Juice

25

Pizza
Or Corndog on a Stick
Green Beans, Salad Bar
Orange Wedges
Jonny Pop
Milk

Mini Donuts
Milk, Fruit & Juice

26

Popcorn Chicken
Or Cooks Choice
Steamed Corn, Salad Bar
Mixed Fruit
Roll and Butter
Milk

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

Lunch News

Daily Salad Bar

Below are listed a few of the varied choices provided with lunch. Lettuce with 50% dark green mix, Carrots, Cucumber Slices, Broccoli, Green Peppers, Celery, Cauliflower and Radishes

Meal prices for 2024-2025

Breakfast - \$2.10
PK - 5th Grade Lunch - \$3.20
6th - 12th Grade Lunch - \$3.30
Adult Breakfast - \$2.50
Adult Lunch - \$4.85
Extra Milk - \$.50

EZSchoolpay

You may monitor your child's meal account and receive payment reminders via email on EZSchoolpay.com for FREE. You may also enter money into the account with a debit/credit card. There is a \$3.00 fee for online deposits.

If you have any questions, please call the Food Service Office at 712-527-5029.

This Institution is an equal opportunity provider.

Menus subject to change.

School Info

Professional Development

6th 13th 20th
2hr Early Dismissal

November 1st No School
November 27-29 No School