

GMS Lunch Menu

August 2025

Indications: ***: Vegetarian Option Available, >GF: Gluten Free Option Available, >DF: Dairy Free Option Available

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome back!				
11 Meatballs & Rice Roasted Broccoli Green Salad Fruit *** >GF >DF	12 Pasta with Meat Sauce Roasted Carrots Mixed Salad Fruit *** >GF >DF	13 Hotdog on a Bun Calabacitas Green Salad Fruit *** >GF >DF	14 Chicken Tacos Pinto Beans Chopped Veggie Salad Fruit *** >GF >DF	15 Classic Chef Salad Quinoa Garlic Bread Fruit *** >GF >DF
18 Eggrolls Steamed Rice Stir Fry Veggies Fruit *** >GF >DF	19 Shepherds Pie Garlic Bread Mixed Salad Fruit *** >GF >DF	20 Chicken Parmesan Roasted or Steamed Vegetables Mixed Salad Fruit *** >GF >DF	21 Burger on a Bun Lettuce, Tomato, & Onion French Fries Green Salad Fruit *** >GF >DF	22 Chicken Salad Hummus w/ Pita Green Salad Fruit *** >GF >DF
25 Ham & Cheese Sandwich French Fries Chef's Salad Fruit *** >GF >DF	26 Green Chili Chicken Enchilada Pinto Beans Spanish Rice Mixed Salad Fruit *** >GF >DF	27 Baked Chicken Mac & Cheese Roasted Broccoli Green Salad Fruit *** >GF >DF	28 Chicken Fajitas Black Beans Fire Roasted Pepper, Onions, & Corn Green Salad Fruit *** >GF >DF	29 Quesadilla Black Beans Fresh Salad Fruit *** >GF >DF

This institution is an equal opportunity provider.