

# GMS Lunch Menu - January 2026

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			1  No School Winter Break	2  Winter Break No School
5 Ham Sandwich Fries Garden Salad Fruit  *** >GF >DF	6 Pulled Pork Tacos Pinto Beans Shredded Veggie Salad Fruit  *** >GF >DF	7 Chicken Parmesan Buttered Noodles Roasted Seasonal Vegetables Chef's Salad Fruit  *** >GF >DF	8 Green Chili Cheese Enchiladas Pinto Beans Spanish Rice Mixed Salad Fruit  *** >GF >DF	9 Italian Wedding Soup Cheesy Bread Chef's Salad Fruit  *** >GF >DF
12 Pizza Sticks Roasted Broccoli Shredded Veggie Salad Fruit  *** >GF >DF	13 Ground Beef Tacos Spanish Rice Mixed Salad Fruit  *** >GF >DF	14 Chicken Noodle Soup Lentils Cheesy Bread Chef's Salad Fruit  *** >GF >DF	15 BBQ Pulled Pork Sandwich French Fries Coleslaw Fruit  *** >GF >DF	16 Grilled Cheese Tomato Soup Mixed Salad Fruit  *** >GF >DF
19  No School	20 Chicken Fajitas Fire Roasted Corn and Peppers Shredded Veggie Salad Fruit  *** >GF >DF	21 Chili Cornbread Muffin Green Beans Mixed Salad Fruit  *** >GF >DF	22 Red Chilli Pork Pozole Pinto Beans Bread Shredded Veggie Salad Fruit  *** >GF >DF	23 Ham & Cheese Pinwheel Lentils Roasted Potatoes Garden Salad Fruit  *** >GF >DF
26 Pasta Marinara Bread Stick Roasted Seasonal Vegetables Caesar Salad Fruit  *** >GF >DF	27 Broccoli Cheddar Soup w/ Bacon Roasted Corn Garlic Bread Green Salad Fruit  *** >GF >DF	28 Baked Chicken Mac & Cheese Roasted Broccoli Green Salad Fruit  *** >GF >DF	29 Red Cheese Enchiladas Pinto Beans Spanish Rice Mixed Salad Fruit  *** >GF >DF	30 Pulled Pork Quesadillas Refried Beans Garden Salad Fruit  *** >GF >DF

This institution is an equal opportunity provider.