GMS Lunch Menu - March 2025

Indications: ***: Vegetarian Option Available, >GF: Gluten Free Option Available, >DF: Dairy Free Option Available			Milk Served Daily	
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Egg Rolls	Spaghetti & Meat Sauce	Red Cheese Enchilada	Hotdog on a Bun	Bean & Cheese Tostadas
Rice	Roasted Broccoli	Pinto Beans	Veggie Tray	Calabacitas
Stir Fried Vegetables	Garlic Bread	Spanish Rice	Green Salad	Mixed Salad
Green Salad	Shredded Veggie Salad	Mixed Salad	Fruit	Fruit
Fruit	Fruit	Fruit		
*** >GF >DF	*** >GF >DF	*** >GF >DF	*** >GF >DF	*** >GF >DF
10	11	12	13	14
Meatballs & Rice	Shepherds Pie	BBQ Pork Baked Potato	Ground Beef Tacos	Chicken Salad
Roasted Broccoli	Garlic Bread	Cheese, Sour Cream, & Green Onions	Spanish Rice	Hummus w/ Pita
Caesar Salad	Mixed Salad	Baked Beans	Mixed Salad	Roasted Seasonal Vegetables
Fruit	Fruit	Mixed Salad	Fruit	Green Salad
		Fruit		Fruit
*** >GF >DF	*** >GF >DF	*** >GF >DF	*** >GF >DF	*** >GF >DF
17	18	19	20	21
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
24	25 Carne Asada	26 Chili	27 Chicken Tacos	28 Ham & Cheese Pinwheels
	Loaded Mashed Potatoes	Cornbread Muffin	Pinto Beans	Roasted Vegetables
Inservice Day	(Cheese, Sour Cream ,Bacon & Chives)	Green Beans	Shredded Veggie Salad	Chef's Salad
No School	Green Salad	Simple Salad	Fruit	Fruit
	Fruit	Fruit		
	*** >GF >DF	*** >GF >DF	*** >GF >DF	*** >GF >DF
31				
Meatball Sub				
Fries				
Mixed Salad				
Fruit				
*** >GF >DF				

Indications. ***. Vegetarian Ontion Available SGF. Gluten Free Ontion Available SDF. Dairy Free Ontion Available

Milk Served Daily

This institution is an equal opportunity provider.