GMS Lunch Menu - November 2026

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Cheese Sandwich Roast Potatoes Chef's Salad Fruit *** >GF >DF	3 Ground Beef Tacos Pinto Beans Mixed Salad Fruit *** >GF >DF	4 Green Chile Chicken Stew Tortilla Green Salad Fruit *** >GF >DF	5 Egg Rolls Rice Stir Fried Vegetables Green Salad Fruit *** >GF >DF	6 Quesadilla Refried Beans Mixed Salad Fruit *** >GF >DF
9 Broccoli Cheddar Soup w/ Bacon Garlic Bread Green Salad Fruit *** >GF >DF	10 Loaded Baked Potato Baked Beans Mixed Salad WG Bread Fruit *** >GF >DF	11 Baked Ziti Roasted Vegetables Caesar Salad Fruit *** >GF >DF	12 Red Cheese Enchilada Pinto Beans Spanish Rice Mixed Salad Fruit *** >GF >DF	13 Chicken Salad Hummus w/ Pita Green Salad Fruit *** >GF >DF
16 Chicken & Rice Soup Cheesy Bread Mixed Salad Fruit *** >GF >DF	17 Pulled Pork Tacos Calabacitas Pinto Beans Shredded Veggie Salad Fruit *** >GF >DF	18 Tuscan Chicken Pasta Roasted Broccoli Garlic Bread Caesar Salad Fruit *** >GF >DF	19 Roast Turkey Mashed Potatoes Whole Grain Roll Green Beans Fruit *** >GF >DF	20 Ham & Cheese Pinwheels Roasted Veggies Chef's Salad Fruit *** >GF >DF
23 No School 	24 Thanksgiving Break 	25 No School 	26 	27 No School 
30 Meatballs & Rice Roasted Broccoli Caesar Salad Fruit *** >GF >DF				

This institution is an equal opportunity provider.