

GMS Lunch Menu - October 2025

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ground Beef Tacos Spanish Rice Chopped Veggie Salad Fruit *** >GF >DF	2 P/T Conferences No School	3 P/T Conferences No School
6 Fall Break	7 No School	8 Fall Break	9 No School	10 Fall Break
13 Chicken Parmesan Noodles Roasted Seasonal Vegetables Garden Salad Fruit *** >GF >DF	14 Shepherd's Pie Garlic Bread Mixed Salad Fruit *** >GF >DF	15 Chili Green Beans Cornbread Chef's Salad Fruit *** >GF >DF	16 Chicken Fajitas Pinto Beans Fire Roasted Peppers & Corn Chopped Veggie Salad Fruit *** >GF >DF	17 Quesadilla Refried Beans Chef's Salad Fruit *** >GF >DF
20 Turkey Sandwich Fries Chef's Salad Fruit *** >GF >DF	21 Pulled Pork Tacos Pinto Beans Shredded Veggie Salad Fruit *** >GF >DF	22 Chicken Alfredo Steamed Broccoli Chef's Salad Fruit *** >GF >DF	23 Baked Chicken Mac & Cheese Roasted Broccoli Green Salad Fruit *** >GF >DF	24 Grilled Cheese Tomato Soup Mixed Salad Fruit *** >GF >DF
27 Meatballs & Rice Roasted Broccoli Caesar Salad Fruit *** >GF >DF	28 Burger on a Bun Chips Green Salad Fruit *** >GF >DF	29 Pasta Bolognese Whole Grain Roll Roasted Seasonal Vegetables Caesar Salad Fruit *** >GF >DF	30 Italian Wedding Soup Cheesy Bread Chef's Salad Fruit *** >GF >DF	31 Ham & Cheese Pinwheels Roasted Veggies Chef's Salad Fruit *** >GF >DF
This institution is an equal opportunity provider.				