

GMS Lunch Menu - October 2026

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			1 P/T Conferences No School	2 P/T Conferences No School
5 Butternut Squash Soup Cheesy Bread Mixed Salad Fruit *** >GF >DF	6 Chicken Parmesan Noodles Roasted Seasonal Vegetables Caesar Salad Fruit *** >GF >DF	7 Shepherd's Pie Garlic Bread Mixed Salad Fruit *** >GF >DF	8 Italian Wedding Soup Cheesy Bread Chef's Salad Fruit *** >GF >DF	9 Quesadilla Refried Beans Chef's Salad Fruit *** >GF >DF
12 Fall Break 	13 No School	14 Fall Break 	15 No School	16 Fall Break 
19 Corndogs Roasted Veggies Chef's Salad Fruit *** >GF >DF	20 Chicken Fajitas Pinto Beans Fire Roasted Peppers & Corn Chopped Veggie Salad Fruit *** >GF >DF	21 Burger on a Bun Chips Green Salad Fruit *** >GF >DF	22 Mac & Cheese Roasted Broccoli Green Salad Fruit *** >GF >DF	23 Grilled Cheese Tomato Soup Mixed Salad Fruit *** >GF >DF
26 Meatballs & Rice Roasted Broccoli Caesar Salad Fruit *** >GF >DF	27 Loaded Potato Soup Cheesy Bread Mixed Salad Fruit *** >GF >DF	28 Pasta Bolognese Whole Grain Bread Roasted Carrots Caesar Salad Fruit *** >GF >DF	29 Chili Green Beans Cornbread Chef's Salad Fruit *** >GF >DF	30 Ham & Cheese Pinwheels Roasted Veggies Chef's Salad Fruit *** >GF >DF

This institution is an equal opportunity provider.