

GMS Lunch Menu - September 2025

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day No School	2 Carne Asada Potato Wedges (Cheese, Salsa, Sour Cream) Green Salad Fruit *** >GF >DF	3 BBQ Pulled Pork Sandwich Coleslaw French Fries Fruit Early Release 1pm *** >GF >DF	4 Chicken Tacos Pinto Beans Chopped Veggie Salad Fruit *** >GF >DF	5 Ham & Cheese Pinwheels Roasted Veggies Chef's Salad Fruit *** >GF >DF
8 Hot Dog Mac & Cheese Chef's Salad Fruit *** >GF >DF	9 Chicken Fajitas Pinto Beans Fire Roasted Peppers & Corn Chopped Veggie Salad Fruit *** >GF >DF	10 Eggrolls Steamed Rice Stir Fried Veggies Fresh Salad Fruit *** >GF >DF	11 Pasta Marinara & Meatball Steamed Broccoli Caesar Salad Fruit *** >GF >DF	12 Bean & Cheese Tostadas Calabacitas Mixed Salad Fruit *** >GF >DF
15 Meatball Sub Fries Mixed Salad Fruit *** >GF >DF	16 Broccoli Cheddar Soup w/ Bacon Roasted Corn Garlic Bread Green Salad Fruit *** >GF >DF	17 Chicken Pot Pie Roasted Vegetables Fresh Salad Fruit Early Release 1pm *** >GF >DF	18 Chili Green Beans Cornbread Chef's Salad Fruit *** >GF >DF	19 Chicken Salad Hummus w/ Pita Chef's Salad Fruit *** >GF >DF
22 Chicken Alfredo Steamed Broccoli Chef's Salad Fruit *** >GF >DF	23 Pulled Pork Tacos Pinto Beans Chopped Veggie Salad Fruit *** >GF >DF	24 Chicken Parmesan Noodles Roasted Seasonal Vegetables Garden Salad Fruit *** >GF >DF	25 Burger on a Bun Baked Beans Green Salad Fruit *** >GF >DF	26 Chicken Quesadilla Pinto Beans Chef's Salad Fruit *** >GF >DF
29 Chicken Noodle Soup Roasted Potatoes Cheesy Bread Green Salad Fruit *** >GF >DF	30 Meatballs & Rice Roasted Broccoli Caesar Salad Fruit *** >GF >DF			

This institution is an equal opportunity provider.