

GMS Lunch Menu - September 2026

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatballs & Rice Roasted Broccoli Caesar Salad Fruit *** >GF >DF	2 Chicken Parmesan Noodles Roasted Seasonal Vegetables Garden Salad Fruit Early Release 1pm *** >GF >DF	3 Eggrolls Steamed Rice Stir Fried Veggies Fresh Salad Fruit *** >GF >DF	4 Ham & Cheese Pinwheels Roasted Veggies Chef's Salad Fruit *** >GF >DF
7 Labor Day No School	8 Chicken Pot Pie Roasted Vegetables Fresh Salad Fruit *** >GF >DF	9 Chicken Salad Hummus w/ Pita Chef's Salad Fruit *** >GF >DF	10 Carne Asada Potato Wedges (Cheese, Salsa, Sour Cream) Green Salad Fruit *** >GF >DF	11 Bean & Cheese Tostadas Calabacitas Mixed Salad Fruit *** >GF >DF
14 Broccoli Cheddar Soup w/ Bacon Roasted Corn Garlic Bread Green Salad *** >GF >DF	15 Pulled Pork Tacos Pinto Beans Chopped Veggie Salad Fruit *** >GF >DF	16 Meatball Sub Fries Mixed Salad Fruit Early Release 1pm *** >GF >DF	17 Mac & Cheese Roasted Broccoli Green Salad Fruit *** >GF >DF	18 Grilled Cheese Tomato Soup Mixed Salad Fruit *** >GF >DF
21 Corndogs Roasted Veggies Chef's Salad Fruit *** >GF >DF	22 Chicken & Waffles Home Fries Green Salad Fruit *** >GF >DF	23 Chili Relleno Casserole Corn Fresh Salad Fruit *** >GF >DF	24 Pizza Sticks Roasted Broccoli Shredded Veggie Salad Fruit *** >GF >DF	25 Chicken Quesadilla Pinto Beans Chef's Salad Fruit *** >GF >DF
28 BBQ Pulled Pork Sandwich Coleslaw French Fries Fruit *** >GF >DF	29 Ham & Cheese Sandwich French Fries Chef's Salad Fruit *** >GF >DF	30 Chicken Noodle Soup Roasted Potatoes Cheesy Bread Green Salad Fruit *** >GF >DF		

This institution is an equal opportunity provider.