
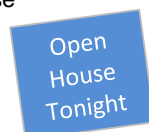


GMS Lunch Menu - February 2023

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

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg Rolls Rice Stir Fried Vegetables Green Salad Fruit *** >GF >DF	2 Chicken Alfredo Roasted Broccoli Breadstick Caesar Salad Fruit *** >GF >DF	3 Chili Cornbread Muffins Green Beans Mixed Salad Fruit <div style="text-align: right;">  <p>*** >GF >DF</p> </div>
6 Cheesy Chicken Broccoli Rice Roasted Seasonal Vegetables Mixed Salad Fruit *** >GF >DF	7 Turkey Sandwich French Fries Garden Salad Fruit *** >GF >DF	8 Chicken Tacos Pinto Beans Shredded Veggie Salad Fruit *** >GF >DF	P/T Conferences No School	No School P/T Conferences
13 Pasta Marinara Italian Sausages Roasted Seasonal Vegetables Garden Salad Fruit *** >GF >DF	14 Chicken Salad w/ Pita Hummus Veggies & Ranch Simple Salad Fruit *** >GF >DF	15 Roast Chicken & Potatoes Green Beans Roll Mixed Salad Fruit *** >GF >DF	16 Loaded Baked Potato Baked Beans Garlic Bread Chef's Salad Fruit *** >GF >DF	17 Hamburger French Fries Coleslaw Green Salad Fruit *** >GF >DF
Presidents' Day No School	21 BBQ Chicken Sandwich French Fries Coleslaw Green Salad Fruit *** >GF >DF	22 Spaghetti Bolognese Breadstick Roasted Carrots Caesar Salad Fruit <div style="text-align: right;">  <p>*** >GF >DF</p> </div>	23 Beef Tacos Pinto Beans Spanish Rice Shredded Veggie Salad Fruit *** >GF >DF	24 Chicken Noodle Soup Mediterranean Chickpea Salad Cheesy Bread Chef's Salad Fruit *** >GF >DF
27 Meatballs & Rice Roasted Seasonal Vegetables Mixed Salad Fruit *** >GF >DF	28 Chicken Fajitas Fire Roasted Peppers, Onions, & Black Beans Chopped Veggie Salad Fruit *** >GF >DF			

This institution is an equal opportunity provider.