

GMS Lunch Menu - November 2022

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

Milk Served Daily

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 Pulled Pork Tacos Pinto Beans Calabacitas Shredded Veggie Salad Fruit *** >GF >DF	2 Ham & Cheese Melt Kettle Chips Baby Carrots & Ranch Mixed Salad Fruit *** >GF >DF	3 Cheese or Pepperoni Pizza Antipasto Tray Breadstick Caesar Salad Fruit *** >GF >DF	4 Frittata Oven Roasted Potatoes Mixed Salad Fruit *** >GF >DF
7 Meatballs & Rice Roasted Seasonal Vegetables Chef's Salad Fruit *** >GF >DF	8 Chicken Tacos Black Beans Shredded Veggie Salad Fruit Fruit *** >GF >DF	9 BBQ Pulled Pork Sandwich Pickled Red Onions Fries Coleslaw Fruit *** >GF >DF	10 Chicken Alfredo Roasted Broccoli Caesar Salad Fruit *** >GF >DF	11 Roasted Garbanzo Beans & Sweet Potatoes Quinoa Pita Green Salad Fruit *** >GF >DF
14 Grilled Cheese Sandwich Tomato Soup Mixed Salad Fruit *** >GF >DF	15 Chicken Fajitas Rice Fire Roasted Onion, Peppers, and Corn Chopped Veggie Salad Fruit *** >GF >DF	16 Stuffed Baked Potato Baked Beans WG Bread Coleslaw Fruit *** >GF >DF	17 Chicken Noodle Soup Cheesy Bread Lentil Salad Chef's Salad Fruit *** >GF >DF	18 Ground Beef Tacos Spanish Rice Mixed Salad Fruit *** >GF >DF
21 Green Chile Chicken Stew Tortilla Pinto Beans Green Salad Fruit *** >GF >DF	22 Roast Turkey Mashed Potatoes Whole Grain Roll Green Beans Fruit *** >GF >DF	23 No School	24 Thanksgiving Break	25 No School
28 Hot Dog on a Bun Mac & Cheese Chef's Salad Fruit *** >GF >DF	29 Lasagna Roasted Vegetables Garlic Bread Mixed Salad Fruit *** >GF >DF	30 Mojo Pork Burrito w/ Cheese and Rice Black Beans Cilantro Lime Crema Green Salad Fruit *** >GF >DF		

This institution is an equal opportunity provider.