

## GMS Lunch Menu October 2021

\*\*\*Indicates Vegetarian Option Available

Milk Served Daily

<i>Monday</i>	<i>Tuesday</i>	<i>wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 Pesto Pasta Antipasti Tray Roast Seasonal Veggies Garden Salad Fruit <span style="float: right;">***</span>
4 Turkey or Cheese Melts French Fries Chef's Salad Fruit <span style="float: right;">***</span>	5 Pulled Pork Tacos Pinto Beans Steamed Rice Shredded Veggie Salad Fruit <span style="float: right;">***</span>	6 Chicken Parmesan Buttered Noodles Roast Veggies Garden Salad Fruit <span style="float: right;">***</span>	7 Cheese or Pepperoni Pizza Antipasti Tray Caesar Salad Fruit <span style="float: right;">***</span>	8 Chicken & Rice Soup Lentils Cheesy Bread Mixed Salad Fruit <span style="float: right;">***</span>
11  <i>Fall Break</i>	12  <i>No School</i>	13  <i>Fall Break</i>	14  <i>No School</i>	15  <i>Fall Break</i>
18  <i>Teacher Inservice No School</i>	19 Chicken Fajitas Black Beans Fire Roasted Corn Chopped Veggie Salad Fruit <span style="float: right;">***</span>	20 Roast Turkey Mashed Potatoes Green Peas WG Roll Fruit <span style="float: right;">***</span>	21 Cheese or Pepperoni Pizza Antipasti Tray Caesar Salad Fruit <span style="float: right;">***</span>	22 Ham & Cheese Wraps Sweet Potato Waffle Fries Garden Salad Fruit <span style="float: right;">***</span>
25 Spaghetti Bolognese Roast Vegetables WG Bread Chef's Salad Fruit <span style="float: right;">***</span>	26 Bean & Cheese Tacos Steamed Quinoa Shredded Veggie Salad Fruit <span style="float: right;">***</span>	27 Chicken Noodle Soup Lentils Cheesy Bread Green Salad Fruit <span style="float: right;">***</span>	28  <i>Parent Teacher Conferences No School</i>	29  <i>Parent Teacher Conferences No School</i>

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