

GMS Lunch Menu - October 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>
3 Spaghetti Bolognese Garlic Bread Roasted Carrots Caesar Salad Fruit *** >GF >DF	4 Pulled Pork Tacos Pinto Beans Calabacitas Shredded Veggie Salad Fruit *** >GF >DF	5 Ham & Cheese Melt Fries Chef's Salad Fruit *** >GF >DF <div style="border: 2px solid red; padding: 5px; transform: rotate(-2deg); display: inline-block;"> Revised 10/25/2022 </div>	6 P/T Conferences No School	7 P/T Conferences No School
10 Fall Break	11 No School	12 Fall Break	13 No School	14 Fall Break
17 Inservice Day No School	18 Chicken Tacos Black Beans Garden Salad Salad *** >GF >DF	19 BBQ Pulled Pork Sandwich Pickled Red Onions Coleslaw Fruit *** >GF >DF	20 Burger Fries Lettuce, Tomato, Onion, & Pickles Green Salad Fruit *** >GF >DF	21 Chili WG Tortilla Shredded Veggie Salad Fruit *** >GF >DF
24 Chicken Parmesan Buttered Noodles Roasted Seasonal Vegetables Garden Salad Fruit *** >GF >DF	25 Ham Sandwich Fries Green Salad Fruit *** >GF >DF	26 Chicken Fajitas Fire Roasted Corn and Peppers Pinto Beans Mixed Salad Fruit *** >GF >DF	27 Hotdog on a Bun Macaroni & Cheese Chef's Salad Fruit *** >GF >DF	28 Chicken Salad w/ Pita Oven Roasted Potatoes Chef's Salad Fruit *** >GF >DF
31 Green Chile Chicken Enchiladas Spanish Rice Shredded Veggie Salad Fruit *** >GF >DF				

This institution is an equal opportunity provider.