## GMS Lunch Menu September 2021

\*\*\*Indicates Vegetarian Option Available

Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Fajitas	Cheese or Pepperoni Pizza	Caprese Grilled Sandwich
		Black Beans	Antipasti Tray	(fresh mozzarella, tomato, & basil)
		Fire Roasted Corn	Veggie Tray	Oven Roasted Potatoes
		Chopped Veggie Salad	Fruit	Mixed Salad
		Fruit		Fruit
		**	**	* **
6	7	8	9	10
	Ham or Cheese Melts	Beef Tacos	Chicken Parmesan	Turkey & Cheese Wraps
Labor Day	French Fries	Pinto Beans	Buttered Noodles	Sweet Potato Waffle Fries
No School	Chef's Salad	Chopped Veggie Salad	Steamed Veggies	Veggie Tray
	Fruit	Fruit	Garden Salad	Fruit
			Fruit	
	**			***
13	14	15	16	17
Fettucine Alfredo	Bean & Cheese Tacos	Spaghetti Bolognese	Burger on a Bun	Black Bean & Cheese Burritos
Roast Chicken & Veggies	Steamed Quinoa	Roast Vegetables	French Fries	Steamed Rice
WG Rolls	Shredded Veggie Salad	Garlic Bread	Baked Beans	Chopped Veggie Salad
Garden Salad	Fruit	Chef's Salad	Lettuce, Tomato, & Onion	Fruit
Fruit		Fruit	Fruit	
***	**	**	***	***
20	21	22	23	24
Hot Dog on a Bun	Pot Stickers & Egg Rolls	Chicken Noodle Soup	Cheese or Pepperoni Pizza	Chicken Salad on Pita
Mac & Cheese	Steamed Rice	Lentils	Antipasti Tray	Roast Seasonal Vegetables
Mixed Salad	Stir Fried Veggies	WG Bread	Caesar Salad	Chef's Salad
Fruit	Green Salad	Garden Salad	Fruit	Fruit
	Fruit	Fruit		
*	**	**	***	*
27	28	29	30	
Grilled Cheese Sandwich	Club Sandwich	Stuffed Baked Potato	Meat or Veggie Lasagna	
Tomato Soup	Fries	Baked Beans	Garlic Bread	
Mixed Salad	Chef's Salad	Cole Slaw	Roast Carrots	
Fruit	Fruit	WG Bread	Green Salad	
		Fruit	Fruit	
***	**	**	**	***

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