








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Southwest Black Bean Burger</b> 2 w/ Lettuce, Cheddar, Guacamole, Salsa Red Pepper Slices Apple	<b>Chicken Patty Sandwich</b> 3 Local Roasted Kabocha Squash Celery Sticks w/ Dip Banana	<b>Chicken Fajitas</b> 4 w/ Peppers & Onions, Salsa, & Sour Cream Spanish Rice & Beans Orange Slices	<b>Macaroni &amp; Cheese</b> 5 Dinner Roll Broccoli w/ Dip Pears w/ Whipped Topping & Cinnamon	<b>Pizza</b> 6 Caesar Salad w/ Local Kale Assorted Fruits & Vegetables
<b>No School</b> 9 Indigenous People's Day 	<b>Tetris Totchos</b> 10 w/ Beef, Beans, Cheese, & Fixings Breadstick Carrot Tokens w/ Dip Galaga Grapes 	<b>Mario Meatballs</b> 11 w/ Power-Up Penne Toad Mushrooms Princess Peaches 	<b>Pong Popcorn Chicken</b> 12  Super Smashed Potatoes Pac-Man Peas Atari Apple	<b>The Legend of Zelda: A Link to the Pizza</b> 13  Master Salad Hydromelon
<b>Mozzarella Sticks</b> 16 w/ Marinara Green Beans Strawberry Cup	<b>Cheeseburger</b> 17 w/ Lettuce & Tomato Pickle Chips Local Honey Glazed Carrot Coins Orange	<b>Philly Cheesesteak</b> 18 In a Sub Roll, w/ Cheese, Peppers, & Onions Coleslaw; Nectarine	<b>Teriyaki Chicken &amp; Broccoli</b> 19 Served w/ Rice Edamame Salad Mandarin Oranges	<b>Pizza</b> 20 Garden Salad Assorted Veggies Pear Crisp
<b>Blueberry Parfait</b> 23 w/ Cabot Yogurt French Toast Sticks Everything Seasoned Crispy Chickpeas Potato Wedges	<b>Burrito Bowl</b> 24 w/ Chicken, Lettuce, Salsa, Cheese & Sour Cream Mexican Street Corn Grapefruit	<b>Pasta w/ Local Meat Sauce</b> 25 Dinner Roll Broccoli Chocolate Pudding Made w/ Local Milk	<b>Early Release Bagged Lunch</b> 26 Deli Sub Cucumber Slices w/ Dip Apple Slices	<b>Early Release Bagged Lunch</b> 27 Deli Wrap Carrots w/ Dip Orange Slices
<b>Hearty Plant-Based Chili</b> 30 w/ Tortilla Chips, Cheese, Sour Cream, Cilantro, & Lime Apple Slices	<b>Mummy Pretzel Dog</b> 31  w/ Spiderweb Sweet Potato Fries Cauliflower "Ghosts" w/ Dip 	<b>Egg &amp; Cheese Sandwich on a Croissant w/ Local Maple Sausage</b> 1 Baby Carrots Strawberries	<b>Breaded Chicken Drumstick</b> 2 Corn, Mashed Potatoes Dinner Roll Melon	<b>Pizza</b> 3 Salad w/ Local Little Leaf, Strawberries, Feta, & Balsamic Assorted Fruits & Veggies

## DAILY ALTERNATES

**Available Daily:**  
Sunbutter & Jelly or Cheese Sandwich

**Monday**  
Turkey & Cheese

**Tuesday**  
DIY Pizza Kit

**Wednesday**  
Nachos

**Thursday**  
Smoothie Meal

**Friday**  
Chicken Patty

## Harvest of the Month:

PEARS



### Fun Fact:

Pears are native to Asia. The first pear tree planted in North America originated in the Massachusetts Bay Colony in 1620!

If students do not take a meal, they may purchase milk separately for \$0.60

This institution is an equal opportunity provider and employer. Menus may contain allergens.



### IMPORTANT REMINDERS:

- ALL GPS students now qualify for FREE breakfast and lunch under CEP through School Year 2026-2027!
- All meals are served with milk and assorted fruits & vegetables
- Menu subject to change

### National School Lunch Week is Oct 9-13th!

We are celebrating #NSLW23 with fun prizes, themed meals, and more! Stay tuned for details!

