

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Southwest Black Bean Burger 2
w/ Lettuce, Pepper Jack, Guac, Salsa Red Pepper Slices Apple

Chicken Patty Sandwich 3
Local Roasted Kabocha Squash Celery Sticks w/ Dip Banana

Chicken Fajitas 4
w/ Peppers & Onions, Salsa, & Sour Cream Spanish Rice & Beans Orange Slices

Jalapeño Macaroni & Cheese 5
Dinner Roll Broccoli w/ Dip Pears w/ Whipped Topping & Cinnamon

Pizza 6
Caesar Salad w/ Local Kale Assorted Fruits & Vegetables

No School 9
Indigenous People's Day

START

Tetris Totchos 10
w/ Beef, Beans, Cheese, & Fixings Breadstick Carrot Tokens w/ Dip Galaga Grapes

Mario Meatballs 11
w/ Power-Up Penne Toad Mushrooms Princess Peaches



Pong Popcorn Chicken 12
Super Smashed Potatoes, Dinner Roll Pac-Man Peas Atari Apple



The Legend of Zelda: A Link to The Pizza 13
Master Salad Hydromelon



Mozzarella Sticks 16
w/ Marinara Green Beans Strawberry Cup

Cheeseburger 17
w/ Lettuce & Tomato Pickle Chips Local Honey Glazed Carrot Coins Orange

Philly Cheesesteak 18
In a Sub Roll, w/ Cheese, Peppers, & Onions Coleslaw; Nectarine

Teriyaki Chicken & Broccoli 19
Rice Edamame Salad Mandarin Oranges

Pizza 20
Garden Salad Assorted Veggies Pear Crisp

Blueberry Parfait 23
w/ Cabot Yogurt French Toast Sticks Everything Seasoned Crispy Chickpeas Potato Wedges

Burrito Bowl 24
w/ Chicken, Lettuce, Salsa, Cheese & Sour Cream Mexican Street Corn Grapefruit

Pasta w/ Local Meat Sauce 25
Dinner Roll Broccoli Chocolate Pudding Made w/ Local Milk

Cook's Choice 26
Assorted Fruits & Vegetables

Early Release Bagged Lunch 27
Deli Wrap Carrots w/ Dip Orange Slices

Hearty Plant-Based Chili 30
w/ Tortilla Chips, Cheese, Sour Cream, Cilantro, & Lime Apple Slices

Mummy Pretzel Dog 31
w/ Spiderweb Sweet Potato Fries Cauliflower "Ghosts" w/ Dip



Egg & Cheese Sandwich on a Croissant w/ Local Maple Sausage 1
Baby Carrots Strawberries

Breaded Chicken Drumstick 2
Corn, Mashed Potatoes Dinner Roll Melon

Pizza 3
Salad w/ Local Little Leaf, Strawberries, Feta, & Balsamic Assorted Fruits & Veggies

DAILY ALTERNATES

Available Daily:
Sunbutter & Jelly, Cheese Sandwich, Salad, Deli Sandwich

Monday
Pizza

Tuesday
Cook's Choice

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!

