

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 Served w/ 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	Early Release Bagged Lunch 26 Deli Sub Cucumber Slices w/ Dip Apple Slices	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!

