



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southwest Black Bean Burger 2 Red Pepper Slices Apple	Chicken Patty 3 Sliced Breaded Patty w/ Dippin' Sauce Local Roasted Kabocha Squash Banana	Chicken Quesadilla 4 w/ Peppers & Onions, Salsa, & Sour Cream Orange Slices	Pizza Bites 5 w/ Sauce Broccoli w/ Dip Pears	6 No Lunch
No School 9 Indigenous People's Day START	Tetris Totchos 10 w/ Beef, Beans, Cheese, & Toppings Dinner Roll Galaga Grapefruit	Mario Meatballs 11 w/ Power-Up Penne Princess Peaches 	The Legend of Zelda: A Link to the Pizza 12 Pac-Man Peas Atari Apple	13 No Lunch
Mozzarella Sticks 16 w/ Marinara Green Beans Strawberry Cup	Hamburger 17 w/ Lettuce & Tomato Pickles Orange	Grilled Ham & Cheese 18 w/ Tomato Soup Peaches	Pizza 19 Assorted Veggies Mandarin Oranges	20 No Lunch
Blueberry Parfait 23 w/ Cabot Yogurt Graham Snacks Potato Wedges	Snack Box 24 Turkey, Cheese, Crackers, Fresh Strawberries, Baby Carrots	Pasta w/ Local Meat Sauce 25 Broccoli Chocolate Pudding Made w/ Local Milk	26 No School	27 No School
Hearty Plant-Based Chili 30 w/ Tortilla Chips, Cheese, Sour Cream Apple Slices	Mummy Ham & Cheese Roll Up 31 w/ Dinner Roll Cauliflower "Ghosts" w/ Dip 	Egg & Cheese Sandwich on a Croissant w/ Local Maple Sausage 1 Baby Carrots Strawberries	Pizza 2 Corn Melon	3 No Lunch

DAILY ALTERNATES

Cheese Sandwich or Pizza Kit available daily as an alternate meal

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!

The Endicott pear tree in Danvers, MA is America's oldest fruit tree. It was planted between 1623 and 1649.

Every pear harvested is picked by hand.

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!

