


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One Mighty Mill 30 Bagel Egg & Cheese Sandwich Yogurt Orange Slices	Chicken Caesar 1 Salad Wrap Fun Sized Chips Carrot Sticks w/ Dip Local Apple	Smoky BBQ Pork 2 Chili w/ Cheese & Sour Cream Tortilla Chips Broccoli w/ Dip Fruit Cup	Penne w/ Meat 3 Sauce Buttered Peas Berries & Cream	Pizza 4 Garden Salad Assorted Fruits & Vegetables
Bean & Cheese 7 Pupusa w/ Curtido & Salsa Street Corn Salad Peaches w/ Tajin	French Toast 8 Sticks Local Maple Sausage, Sweet Potato Waffle Fries, Local Pear	Cheeseburger 9 Oven Fries Pickle Chips Fresh Melon	Ham & Cheese 10 Croissant Deli Melt Carrot & Celery Sticks w/ Dip Local Apple Cider	Pizza 11 Garden Salad Assorted Fruits & Vegetables
No School 14 Indigenous Peoples' Day 	Luffy's Chicken 15 Meat on the Bone Deck Hand Dinner Roll, Golden Doubloon Corn, Ahoy Apple Slices	Buccaneer 16 Burrito w/ Salsa & Sour Cream Parrot Peppers Ocean Orange 	High Seas Fish 17 Sticks, Mariner Mashed Potatoes, Greedy Garlic Knot, Compass Carrots, Treasure Chest Fruit Salad 	Pirate's Pizza 18 Sailor Spinach Salad Fortune Fruit 
Mozzarella Sticks 21 w/ Marinara Sauce Roasted Broccoli Fruit Cup	Chicken 22 Quesadilla Salsa, Sour Cream, & Guacamole Cowboy Caviar Grapes	Cheesy Harvest 23 Fri-TOT-a w/ Bacon Buttered English Muffin Cucumber Slices Grapefruit Wedges	Cook's Choice 24 Assorted Fruits & Vegetables	Early Release 25 Deli Wrap Baby Carrots w/ Ranch Apple Slices
Soft Pretzel 28 w/ Honey Mustard, Local Cabot Cheddar, Chocolate Chickpea Dip, Apple Slices, Asstd Veggies	Chicken Patty 29 Sandwich Curly Fries Red Pepper Slices Fresh Melon	Jalapeño 30 Mac & Cheese Cornbread Broccoli Salad Local Pear	Chicken & Veggie 31 Dumplings, Teriyaki Glazed Local Carrots Edamame Salad Mandarin Oranges Fortune Cookie	Pizza w/ Local 1 One Mighty Mill Crust Garden Salad Assorted Fruits & Vegetables

DAILY ALTERNATES

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

Monday
 Pizza

Tuesday
 Meatball Sub

Wednesday
 Nachos

Thursday
 Smoothie Meal

Friday
 Chicken Patty

Harvest of the Month:

PEARS

Fun Fact:
 Every pear
 in the U.S. is
 hand
 picked!



Set sail for a week of delicious adventures!



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

Real pirates eat their fruits and veggies! Join us October 14-18 as we celebrate #NSLW24 with a special "School Lunch Pirates" themed menu, decorations, and prizes!



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.**