



# STAFF LUNCH PROGRAM 2024-2025

**Order online or call the GMS Kitchen at 413-772-1360 ext. 2412.** Orders must be placed by 9 AM daily; Pick up at your school kitchen between 10:30 AM - 1 PM. Options subject to availability. (V) = Vegan, (GF) = Gluten Free

## CHOOSE YOUR ENTRÉE

**\$5.35 (w/ tax)**

- **Custom Sandwich**
- **Custom Salad**
- **Bowl of Soup & Breadstick** - Different soup choice weekly
- **Pick 2:** House Side Salad, 1/2 Sandwich (No wraps), Cup of Soup
- **Main Meal (Adult Portion)** - See Middle/High lunch menu

## BUILD YOUR SALAD OR SANDWICH

### PROTEIN

Tuna, turkey, pepperoni, salami, ham, deli buffalo chicken, grilled chicken, chicken patty, spicy chicken patty, hard-boiled egg, bacon **(V):** Morningstar "chick'n" nuggets, Hummus, edamame, chickpeas

### VEGETABLES

Lettuce, tomato, cherry tomato, onion, cucumber, carrot, peppers, pickles, broccoli, banana pepper, olives, jalapenos, croutons

### CHEESE

Cheddar, swiss, pepper jack, american, feta provolone

### SANDWICH BREAD

Kaiser roll, grinder roll, rye, wrap (wheat, spinach, tomato, jalapeno cheddar, pesto herb, red pepper), **(GF):** GF wrap, GF sandwich bread

### CONDIMENTS

Mayo, mustard, spicy mayo, oil & vinegar  
*\*Please specify in the comments section if you'd like condiments on the side*

### DRESSING

**(GF):** Caesar, balsamic, ranch, Italian, Asian, honey mustard

## CHOOSE YOUR ADD-ONS

**All meals come with a bottle of water and fun size Lay's chips or a fresh apple (local when available).** The items below are available as à la carte add-ons for an additional cost:

### SELTZER

Assorted flavors. Call for daily selection.  
**\$1.61 (w/ tax)**

### CHIPS/SNACKS

Salt & vinegar chips, BBQ chips, Doritos, Smartfood  
**\$1.07 (w/ tax)**

### COOKIES

Chocolate chip, GF snickerdoodle  
**\$0.80 (w/ tax)**