

JANUARY

GPS Lunch Menu

Middle School

| MON | TUE | WED | THU | FRI |
|--|--|--|---|--|
| |  | HAPPY NEW YEAR! | 1 NO SCHOOL | 2 NO SCHOOL |
| 5 Egg & Cheese on English muffin Oranges sweet potato fries | 6 Pasta & meatballs garlic knot assorted vegetables | 7 Pulled pork sandwich baked beans | 8 Chicken fingers eggrolls, brown rice broccoli | 9 PIZZA SALAD |
| 12 Plant-based chicken nuggets roll mashed potato, broccoli | 13 Pork carnitas tacos, corn and tomato salad | 14 Chicken pot pie with biscuit mixed vegetables | 15 Ramen with chicken & Veggies edamame | 16 PIZZA Salad |
| 19 No School- Dr. Martin Luther King Day | 20 Cheesy noodles with beef Local carrots with apple cider glaze | 21 Chicken Alfredo Spinach salad with apples & raisins | 22 Burrito bowl with beef, rice, black beans | 23 PIZZA SALAD |
| 26 Greek-style Falafel wrap, assorted vegetables | 27 Chicken nuggets cherry tomato & corn salad | 28 Grilled ham & cheese on ciabatta w/ tomato soup | 29 Bacon burger w cheese Local Roasted veg parsnip, carrot, beet | 30 NO SCHOOL TEACHER IN- SERVICE DAY |

**Free Breakfast & Lunch,
for all students, every
day!**

Available every day:
Sunbutter & Jelly Sandwich
Cheese sandwich

Daily Alternates

Monday: Pizza
Tues: Meatball sub
Wed: Nachos
Thurs: Cook's choice
Friday: Chicken Patty

**Meals are served with
assorted fruit, vegetables,
milk**

A milk with no meal: \$0.60

Project Bread Food Resource
hotline: 1-800-645-8333

Harvest of the Month:
Carrots

