

October 2026 Menu – GPS Middle School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Oven roasted chicken, local roasted butternut squash, mashed potatoes, garlic knot	2 Pizza Salad
5 Flatbread pizza with pesto, sliced tomato, mozzarella, salad	6 Hot dog, baked beans, potato salad	7 Fish and chips (baked fries), apple slaw , whole grain roll	8 Early release bag lunch–Deli sandwich, fruit, carrots and dip	9 Early release bag lunch–Deli sandwich, celery & dip, local apple
12 No School– Indigenous People’s Day	13 “Wings bar” (variety of flavored chicken tenders), garlic bread, Asian–style cabbage slaw	14 Hamburger, optional cheese. Broccoli and dip	15 Popcorn chicken, sweet potato waffle fries applesauce	16 Pizza, salad 
19 Eggplant parm over pasta. Chickpea salad. Broccoli	20 Ramen noodle bowl with chicken, veggies. edamame	21 Steak grinder with onions, bell peppers. Carrots	22 Chicken burrito Mexican street corn	23 Pizza, salad 
26 Breakfast for lunch– Egg round with cheese, french toast stick, hash brown rounds, oranges	27 Mini chicken corn dogs sweet potato fries	28 Chicken Cesar wrap cauliflower	29 Pasta bar choose your sauce marinara, alfredo. Choose your protein–meatballs, chicken or chickpeas.	30 Pizza, salad

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

Alternative Meals available every day:
Sunbutter & Jelly sandwich,
Cheese sandwich,
Deli sandwich,
Pizza kit
Salad meal

Daily alternates
Monday: Mozzarella Sticks

Tues: Pizza

Wed: Nachos

Thurs: Cook’s Choice

Friday: Chicken patty sandwich

*All meals 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- **Apples**

