



STAFF LUNCH PROGRAM 2026-2027

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

\$6.25 (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, grilled chicken, chicken patty, spicy chicken patty, hard-boiled egg, bacon
(V): Vegan chick'n patty, 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

Caesar, balsamic, ranch, Italian, 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.
\$1.65 (w/ tax)

CHIPS/SNACKS

Salt & vinegar chips, Doritos, Smartfood **\$1.10 (w/ tax)**

COOKIES

Chocolate chip, GF chocolate chip, GF snickerdoodle
\$0.85 (w/ tax)