

- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GSES & GSMS Breakfast/Lunch

School Information:

Please check the online family portal breakfast/lunch money for the balance on your child's account.

Breakfast:

Fruit, Juice, Milk offered Daily

Lunch:

Fruit, Milk, Chocolate Milk offered Daily

Served Daily at Elementary and Middle School Lunch:

Grab & Go Salad or Grab & Go Sandwich

Harvest
of the
Month



Fresh Ground Beef

2

B-Cheese Omelet
Yogurt

L-Lasagna
Rolls
Fresh Sweet Potatoes
Corn

3

B-Chicken Biscuit
Yogurt

L-Chicken Tacos
Pinto Beans w/cheese
Broccoli

4

B-French Toast Sticks
Bacon

L-BBQ Pork Sandwich
Baked Beans
Coleslaw

5

B-Mini Pancake Bites
Grits

L-Chicken &
Vegetable Dumplings
Fried Rice
Broccoli
Egg Rolls

6

B-Ham & Cheese
Croissant
String Cheese

L-Cheeseburger
Fries
Carrot Packs w/ranch
Lettuce

9

B-Sausage, Egg, &
Cheese Biscuit
Yogurt

L-Chicken Tenders
Black-eyed Peas
Fresh Carrots

10

B-Pancakes
Bacon

L-Beef Taco Salad
Mexican Street Corn
Rice Garden Salad
Green Beans. Roll

11

B-Scrambled Eggs
Cheese Grits
Toast

L-Cheesy Chicken
Rice Roll
Garden Salad
Green Beans

12

B-Breakfast Pizza
Tater Tots

L-Grilled Cheese
Sandwich
Chips
Fresh Veggies
w/ranch

13

No School

16

E-Learning Day
At Home

17

B-Cinnamon Rolls
Sausage Links

L-Country Fried Steak
Mashed Potatoes
Green Beans
Gravy

18

B-French Toast Sticks
Bacon

L-Eggs
Pancakes
Sausage
Cheese Grits
Cherry Tomatoes

19

B-Mini Pancake Bites
Grits

L-Cheesy Beef Mac
Parmesan Mixed
Vegetables
Corn on the Cob
Roll

20

B-Ham & Cheese
Croissant
String Cheese

L-Pizza
Fries
Peas

23

B-Sausage Biscuit
Yogurt

L-Beef Nuggets
Mashed Potatoes
Peas
Gravy
Roll

24

B-Pancakes
Bacon

L-Crispito
Pinto Beans w/cheese
Broccoli
Cheese Sauce

25

B-Scrambled Eggs
Cheese Grits
Toast

L-Wings
Celery/Cherry
tomatoes w/ranch
Fries Roll

26

B-Breakfast Pizza
Tater Tots

L-Spaghetti
Honey Glazed Carrots
Green beans

27

B-Bagel w/strawberry
cream cheese
Sausage

L-Hot dogs
Bake Beans
Coleslaw

30



BOO TO YOU!!!

31



A SURPRISE IS
ON ITS WAY!!!!