

# GMS 7 & 8

## October 2024 Lunch Menu

Choice of 1% or Fat Free Milk.  
Is provided with each meal

Available Daily:  
Fresh fruit/Salad Bar  
GIS Available Weekly—Wrap,  
Yogurt or Salad

All students are entitled to  
one free lunch per day.  
\*\*Students will be charged  
for any additional lunches\*

Student Lunch = an entrée & 2 choices  
of fruit and/or vegetable and milk

\*\*= Whole Grain Items

Menu is subject to change  
without notification

This institution is an equal



1 **Bosco Sticks Marinara Cup Celery Sticks Fresh Orange	2 OS Pizza Romaine Salad Cherry Tomatoes Slushie	3 Hot Dog on a **Bun Baby Carrots Apple Slices w/ Caramel Cup	4 **Chicken Tenders Mashed Potatoes Peas **Wheat Roll Applesauce Cup
7 **Cheese Quesdilla Salsa Refried Beans Fresh Apple	8 **Hot Dog Smily Fries Apple Slices Caramel Cups Orange Sorbet or Sherbert	9 **Stromboli Romaine Salad Broccoli Fresh Watermelon	10 **Corn Dog on a Stick Red Pepper Slices **English Spanish Cookie Orange Smiles
14 **Bosco Sticks Marinara Sauce Cucumbers Pineapple Cup	15 Mac & Cheese **Dinner Roll Peas Zee Zee Dried Fruit	16 **Pepperoni Calzone Romaine Salad Cauliflower Grapes	17 Assorted Sandwiches Fresh Baby Carrots **Extra Cheddar Goldfish Crackers Fresh Apple
21 **Corn Dog on a Stick Sweet Potato Fries Slushie	22 **Popcorn Chicken Mashed Potatoes Corn **Wheat Roll Craisins	23 **Pizza Crunchers Romaine Salad Zucchini Fresh Watermelon	24 **Breakfast Pancakes Sausage Hash Brown Triangles Juice
28 **Lasagna Roll **Breadstick Green Beans Banana	29 **Bosco Sticks Marinara Cup Celery Sticks Fresh Oranges	30 OS Pizza Romaine Salad Carrots Grapes	31 **Hot dogs Smiley Fries Apple Slices Caramel Cup Orange Sherbert

