



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

GCCS Middle & High School Menu



MONDAY



Chicken Wrap/L/T
Turkey & Ham Sandwich//Chz/L/T
Fries
Broccoli/Ranch
Fruit/Juice
Milk

05

TUESDAY



Lemon Pepper Chicken/Roll
Sausage Dog
Macaroni & Cheese
Green Beans
Carrots/Ranch
Fruit/Juice
Milk

06

WEDNESDAY

Cheeseburger/L,T,P
Fish Sandwich
Tots
Slaw
Carrots/Ranch
Fruit/Juice
Milk

07

THURSDAY

Chicken & Rice Casserole
Chicken Nuggets/Roll
Yams
Green Beans
Fruit/Juice
Milk

01

FRIDAY

Chicken Sandwich/P
Spicy Chicken Sandwich/P
PB&J/Cheese Stick
Potato Wedges
Baked Beans
Carrots/Ranch
Fruit/Juice/Milk

02

Student Holiday
National School Lunch Week

12

Popcorn Chicken/Roll
Sausage Dog
Fries
Slaw
Broccoli/Ranch
Fruit/Juice/Milk

13

Beef Nachos/Cheese/L/T
Turkey Pretzel Dog/ Chips/Cheese
Black Beans
Carrots/Ranch
Apple/Caramel Dip
Fruit/Juice/Milk

14

Grandparent's Luncheon K
Chicken Strips/Roll
Hamburger Steak/Gravy/Roll
Mashed Potatoes
Green Beans
Peach Cobbler
Fruit/Juice/Milk

15

Cheese Pizza
Four Meat Pizza
PB&J/Cheese Stick
Corn on Cob
Salad/Ranch
Juice/Milk

16

Chicken Strips Wrap/L,T
Turkey & Ham Sandwich/L,T
Tots
Veggie Cup/Ranch
Fruit/Juice
Milk

19

Steak Nuggets/Roll
PB&J/Cheese Stick
Diced Seasoned Potatoes
Green Beans
Carrots/Ranch
Fruit/Juice/Milk

20

Chili/Cheese/Corn Bread
Corn Dog
Baked Potato
Broccoli Salad
Fruit/Juice/Milk

21

Cheeseburger/L,T,P
Fish Sandwich
Fries
Slaw
Fruit/Juice/Milk

22

Chicken Sandwich/L/T/P
Spicy Chicken Sandwich/L/T/P
PB&J/Cheese Stick
Chips
Baked Beans/Carrots/Ranch
Fruit/Juice/Milk

23

Chicken Strips/Roll
PB&J/Cheese Stick
Fries
Salad/Ranch
Fruit/Juice
Milk

26

Chicken Chunks
Sweet & Sour Chicken Chunks
PB&J/Cheese Stick
Rice
Green Beans
Salad/Ranch
Fruit/Juice/Milk

27

Roast/Biscuit
Steak Nuggets
Mashed Potatoes
Cooked Carrots
Fruit/Juice
Milk

28

Manager's Choice

29

Calzones
Turkey Pretzel Dog
Tots
Carrots/Ranch
Fruit/Juice/
Milk

30



Disclaimer: Menus are subject to change without notice due to availability of USDA or certain purchased foods.
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