

Middle School Lunch Menu

November 2026



**RALLY
CAFE**

WEEK 1 2nd-6th

Fresh apples, oranges, and bananas offered at every meal.

Fresh baby carrots, and assorted vegetables offered everyday at lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey hot dog Fries Baked beans Applesauce	No School!	Sweet Chili chicken & rice bowl Broccoli Diced pineapple	Chicken Tacos Hard Corn shells Corn Sliced Cucumbers Diced Peaches	Bacon Chicken Ranch Sandwich Red Pepper Strips Coleslaw Diced pears

Fresh from New York Dairy Farms! Choose Your Favorite Milk:

2% White, Fat-Free Chocolate, Lactose-Free White,

Lactose-Free Chocolate Every carton proudly supports New York dairy farmers!

WEEK 2 9th-13th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Alfredo Steamed Broccoli Tomato salad Diced Pineapple	Beef Doritos Nachos Refried beans Broccoli Salad Diced Pineapple	No School!	Popcorn Chicken bowl Mashed potatoes Corn Applesauce cup	In out Pasta Spinach side salad Celery Sticks Diced Peaches

Great News! Every student in New York state receives Free

Breakfast and Lunch your day with delicious, healthy meals on us.

WEEK 3 16th- 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Cheese Sandwich Soup Fries Grapes	Limited Time Offer Pepperoni Calzone Garden Side Salad Diced pears	Pizza Max sticks Garden Side Salad Glazed Carrots Mandarin Oranges	Brunch for lunch Whole grain pancakes Chicken Sausages Hashbrown patty Cauliflower Mandarin Oranges	Friends Giving Roasted Turkey Mashed Potatoes Green beans Cranberry sauce

WEEK 4 23rd – 27th

For questions about the menu, or any dietary or allergy

concerns please contact: Kerri Sanders ksanders@gfsd.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Nachos Black Beans Corn Applesauce cup	Orange Chicken bowl Brown rice Stir fry vegetables Sliced cucumbers Diced pears	No School!	No School!	No School!