

Middle School Lunch Menu

Vegan Menu

November 2026



**RALLY
CAFE**

WEEK 1 2nd-6th

Chocolate Soy and Almond milk available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pea Protein hot dog Fries Baked beans	No School!	Asian style chick'n & rice bowl Broccoli Diced pineapple	Chick'n Tacos Hard Corn shells Corn Sliced Cucumbers Diced Peaches	Chick'n Ranch Sandwich Red Pepper Strips Coleslaw Diced pears

Applesauce

WEEK 2 9th-13th

Great News! Every student in New York state receives Free Breakfast and Lunch your day with delicious, healthy meals on us.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chick'n Alfredo Steamed Broccoli Tomato salad Diced Pineapple	Soy protein Nachos Refried beans Broccoli Salad Diced Pineapple	No School!	Country Chick'n bowl Smashed potatoes Corn Applesauce cup	Pasta with Tomato sauce Spinach side salad Celery Sticks Diced Peaches

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WEEK 3 16th- 20th

Fresh apples, oranges, and bananas offered at every meal.
Fresh baby carrots, and assorted vegetables offered everyday at lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheddar style Grilled Cheese Sandwich Vegan Chili Fries Grapes	Limited Time Offer Mozzarella style cheese Calzone Garden Side Salad Diced pears	Cheddar cheese style quesadilla Garden Side Salad Steamed Carrots Mandarin Oranges	Brunch for lunch French toast sticks Mung Bean "egg"patty Hashbrown patty Cauliflower Mandarin Oranges	Friends Giving Tofurky Smashed 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
Chick'n Nachos Black Beans Corn Applesauce cup	Orange Chick'n bowl Brown rice Stir fry vegetables Sliced cucumbers Diced pears	No School!	No School!	No School!

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