



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



WEEK 1 2nd - 6th

Beef Tacos
 Black Beans
 Pico De Gallo

WEEK 2 9th - 13th

Beef Gyro
 Tzaiki Sauce
 Pita Bread
 Tomato salad

WEEK 3 16th - 20th

Meatball sub
 On Gluten Free Roll
 Sweet potato fries
 Green Beans

WEEK 4 28th-Oct.2nd

Sweet & sour chicken
 bowl
 Brown Rice
 Stir Fry Vegetables

No School!

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!

Chicken Tikki Masala
 With Naan bread
 Cucumber Salad
 Garlic Peas

Grilled Ham &
 Cheese Sandwich
 On Gluten Free
 Bread
 Broccoli cheddar
 soup
 Tomato Salad

Brunch for Lunch
 Gluten Free Waffles
 Turkey Sausages
 Hashbrowns

For questions about the menu, or any dietary or allergy concerns please contact:
 Kerri Sanders ksanders@gfsd.org

No School!

Asian Chicken bowl
 Over steamed rice
 Glazed Carrots

Gluten Free
 Chicken Alfredo
 Over whole grain pasta
 Roasted Broccoli
 Garlic bread

No School!

Gluten Free
 Spaghetti Fideo
 Garden Side salad
 Brussle sprouts

Popcorn Chicken Bowl
 Mashed potatoes
 Corn

No School!

Philly steak and
 Cheese Sandwich
 On a Gluten free roll
 Sauteed peppers &
 Onions
 Waffle Fries

Gluten Free
 Mac& Cheese Bowl
 Roasted Beets

Limited Time Offer
 Pepperoni Pizza
 Quesadilla
 On a Gluten free
 tortilla
 Garden Side Salad

No School!

Friends Giving
 Roasted Turkey
 Mashed potatoes
 Green Beans
 Cranberry Sauce

MON
TUE
WED
THU
FRI
 Gluten Free Menu
 Gluten Free Menu
 Gluten Free Menu
 Gluten Free Menu
 Gluten Free Menu