



NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

1

Fish Nuggets
Glazed BBQ Meatballs
on Hoagie Bun
Fruit and Yogurt Plate
Tomatoes & Carrots w/Dip
Tossed Salad w/ Dressing
Fresh Plums
Chilled Mandarin
Oranges
Whole Wheat Roll
Tartar Sauce
Ketchup
Low Fat Milk
Chocolate Milk

2

Chili Dog
Grilled Cheese Sandwich
Chef Salad
California Veggies
Confetti Coleslaw
Fresh Fruit Bowl
Fruit Cocktail
Ketchup
Mustard
Snack Cookies
Low Fat Milk
Chocolate Milk

3

Cheesy Chicken Over/Rice
Corn Dog
Tuna Salad on
Croissant Bun
Southern Mustard Greens
Field Peas
Fresh Grapes
Frozen Fruit Juice Cups
Cornbread
Low Fat Milk
Chocolate Milk

4

Ham and Turkey
on Bun
Red Beans and Rice
with Sausage
Managers Choice Salad
Trimmings
Ass.WG Baked Chips
French Fries
Broccoli Salad
Tangerines
Calico Fruit
Mayonnaise
Mustard
Low Fat Milk
Chocolate Milk

7

Fish Sandwich
Beef-A-Roni
Chicken Salad w/Crackers
Spicy Fries
Raw Veggies with Dip
Fruit Slushes
Fresh Fruit Bowl
Ketchup
Tartar Sauce
Chocolate Milk
Fat Free Milk

8

Hamburger Steak w/ Gravy
Chicken Fajita Wrap
Managers Choice Salad
Steamed Rice
Italian Sliced Carrots
Mixed Vegetables
Fresh Fruit Bowl
Fresh Fruit Cup
Mexican Cornbread
Chocolate Milk
Fat Free Milk

9

Chicken Quesadillas
Ham and Turkey
Sandwich
Chef Salad
Baked Beans
Confetti Coleslaw
Fresh Pears
Fresh Bananas
Chocolate Chip Cookie
Low Fat Milk
Chocolate Milk

10

Spaghetti & Meat Sauce
Grilled Chicken Sandwich
Trimmings
Chef Salad
Criss Cut Sweet Potatoes
Spinach Salad
Waldorf Fruit Salad
Fresh Oranges
Mayonnaise
Mustard
Whole Wheat Roll
Chocolate Milk
Fat Free Milk

11

Pepperoni Pizza Wedge
Tuna Salad with Crackers
Chicken Patty Sandwich
Cheesy Broccoli
Steamed Carrots
Fresh Fruit Bowl
Assorted Fruit Juices
Fat Free Milk
Chocolate Milk

14

Chicken Spaghetti
Tuna Salad Sandwich
Fruit and Yogurt Plate
Spinach Salad
Raw Veggies with Dip
Fresh Fruit Cup
Chilled Peaches
WG Garlic Toast
Sugar Cookie
Low Fat Milk
Chocolate Milk

15

Walking Tacos
Chicken Salad w/Crackers
American Sub
Ass.WG Baked Chips
Mexicali Corn
Refried Beans
Fresh Melon Cubes
Sliced Strawberries
Salsa
Low Fat Milk
Chocolate Milk

16

Turkey and Dressing
Cranberry Sauce
Chili Dog
Managers Choice Salad
Sweet Potato Casserole
Seasoned Green Beans
Tropical Fruit
Fresh Fruit Bowl
Tart Lemon Squares
Whole Wheat Roll
Low Fat Milk
Chocolate Milk

17

Turkey & Cheese on Bun
Bacon Cheese Burger
Grilled Fajita Salad
Trimmings
Spicy Fries
Green Pea Salad
Fresh Apples
Fresh Grapes
Mayonnaise
Mustard
Low Fat Milk
Chocolate Milk

18

Cheesy Garlic French
Bread with Marinara
Chef Salad
Ham and Cheese on Bun
Carrot-Raisin Salad
Tomatoes with Dip
Red Apples
Fresh Bananas
Fat Free Milk
Chocolate Milk

21

22

23

24

25

28

Chicken Tetrizzini
 Managers Choice Salad
 Fish Sandwich
 Peas and Carrots
 Tomatoes & Carrots w/Dip
 Assorted Fruit Juices
 Fresh Fruit Bowl
 Whole Wheat Roll
 Chocolate Milk
 Fat Free Milk

29

Beef-A-Roni
 BBQ Pork Sandwich
 Ranch Chicken Salad
 Whole Grain
 Saltine Crackers
 Criss Cut Sweet Potatoes
 Herbed Broccoli
 Calico Fruit
 Fresh Fruit Bowl
 Ice Cream Cup Variety
 Fat Free Milk
 Chocolate Milk

30

Chicken Fajita Wrap
 Turkey & Cheese Sandwic
 h
 Chef Salad
 Whole Grain
 Saltine Crackers
 Fiesta Rice
 Mixed Vegetables
 Whole Kernel Corn
 Fresh Fruit Bowl
 Fruit Cocktail
 Choclate Chip Cookie
 Low Fat Milk
 Chocolate Milk

GPSD 9th-12th High School Lunch Menu

Menu Subject to Change

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