

OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

1

Mexican Pizza
Tuna Salad on
Croissant Bun
Spanish Rice
Broccoli Salad
Krinkle Cut
Sweet Potatoes
Fresh Fruit Bowl
Flavored Raisins
Graham Crackers
Chocolate Milk
Fat Free Milk

2

Bacon Cheese Burger
Fruit and Yogurt Plate
Tomatoes & Carrots w/Dip
Seasoned Green Beans
Chilled Peaches
Fresh Fruit Bowl
Mayonnaise
Mustard
Ketchup
Chocolate Milk
Fat Free Milk

3

Chicken w/General Tso
Manager's Choice Salad
Baked Ranch Fries
Tossed Salad w/ Dressing
Fruit Slushes
Banana Berry Blend
Whole Wheat Roll
Ranch Dressing
Chocolate Milk
Fat Free Milk

4

Country Fried Steak
Chef Salad
Carrot/Celery/Cucumber
w/Dressing
Mashed Potatoes
Fresh Fruit Bowl
Tropical Fruit
Whole Wheat Roll
Chocolate Milk
Fat Free Milk

7

Baked Pork Chop
Managers Choice Salad
Fried Brown Rice
Carrots and Red Peppers
with Dip
Pinto Beans
Frozen Fruit Juice Cups
Fresh Fruit Bowl
Cornbread
Chocolate Milk
Fat Free Milk

8

Corn Dog
Grilled Fajita Salad
Seasoned Potato Wedges
Tex Mex Style Beans
Pear and Kiwi Medley
Assorted Fruit Juices
Chocolate Milk
Fat Free Milk

9

Cheesy Chicken Over/Rice
Tuna Salad on
Croissant Bun
Spinach Salad
Field Peas
Fresh Grapes
Frozen Fruit Juice Cups
Cornbread
Low Fat Milk
Chocolate Milk

10

Baked Fish Scandia
Chef Salad
Crinkle Cut Fries
Tossed Salad w/ Dressing
Fresh Apples
Chilled Mandarin
Oranges
Hushpuppies
Fat Free Milk
Chocolate Milk

11

Ham and Turkey
on Bun
Trimmings
Tuna Ranch Wrap M4355
Bake Chips
French Fries
Broccoli Salad
Tangerines
Calico Fruit
Mayonnaise
Mustard
Low Fat Milk
Chocolate Milk

14

Hamburger Pie with Tater
Tots
Chef Salad
Vegetable Juice
Whole Kernel Corn
Flavored Raisins
Chilled Peach Slices
Chocolate Milk
Fat Free Milk

15

Red Beans and Rice
with Sausage
Grilled Fajita Salad
Green Peas
Marinated Tomato and
Cucumber Salad
Pineapple Tidbits
Fresh Fruit Bowl
Yeast Roll
Chocolate Milk
Fat Free Milk

16

Chicken Baked BBQ US M300
0.1
Chef Salad
Steamed Broccoli Florets
Mashed Potatoes with
Cheese
Applesauce in a Bag
Fruited Gelatin
Cornbread
Chocolate Milk
Fat Free Milk

17

Beefy Nachos Grande
Managers Choice Salad
Criss Cut Sweet Potatoes
Cheesy California
Veggies
Chilled Peaches
Fresh Bananas
Fat Free Milk
Chocolate Milk

18

21

Chicken Nuggets
Tuna Salad Salad
Spicy Fries
Spinach Salad
Fruit Slushes
Fresh Fruit Bowl
Yeast Roll
Variety of Dipping Sauce
Ketchup
Chocolate Milk
Fat Free Milk

22

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

23

BBQ Pork Sandwich
Grilled Chicken Salad
Baked Beans
Confetti Coleslaw
Fresh Pears
Waldorf Fruit Salad
Chocolate Chip Cookie
Low Fat Milk
Chocolate Milk

24

Spaghetti & Meat Sauce
Chef Salad
Cheesy Broccoli
Raw Veggies with Dip
Fresh Oranges
Fresh Bananas
Whole Wheat Garlic Toast
Chocolate Milk
Fat Free Milk

25

Sausage Pizza
Chicken Salad Salad
Seasoned Potato Wedges
Steamed Carrots
Fresh Fruit Bowl
Assorted Fruit Juices
Snack Cookies
Fat Free Milk
Chocolate Milk

28

29

30

31

Mexican Pizza
 Tuna Salad on
 Croissant Bun
 Spanish Rice
 Broccoli Salad
 Krinkle Cut
 Sweet Potatoes
 Fresh Fruit Bowl
 Flavored Raisins
 Graham Crackers
 Chocolate Milk
 Fat Free Milk

Chicken w/General Tso
 Manager's Choice Salad
 Seasoned Whole Green
 Beans
 Tossed Salad w/ Dressing
 Fruit Slushes
 Fresh Grapes
 Whole Wheat Roll
 Ranch Dressing
 Chocolate Milk
 Fat Free Milk

Bacon Cheese Burger
 Fruit and Yogurt Plate
 Tomatoes & Carrots w/Dip
 Baked Ranch Fries
 Banana Berry Blend
 Fresh Fruit Bowl
 Mayonnaise
 Mustard
 Ketchup
 Chocolate Milk
 Fat Free Milk

GPSD Lunch K-8th Menu

Menu Subject to Change

"This Institution is an Equal Opportunity Provider"