Monday Wednesday **Thursday** Tuesday **Friday** 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 4 5 6 7 Veggie Soup SandComboUM5 Baked Pork Chop Red Beans and Rice Stromboli Supreme Chicken Nachos 030.1 with Sausage Grilled Fajita Salad Chef Salad

Baked Pork Chop
Managers Choice Salad
Fried Brown Rice
Carrots and Red Peppers
with Dip
Green Peas
Frozen Fruit Juice Cups
Fresh Fruit Bowl
Whole Wheat Roll
Chocolate Milk
Fat Free Milk

Veggie Soup SandComboUMs
030.1
Chef Salad
Vegetable Juice
Baked Beans
Flavored Raisins
Chilled Peach Slices
Chocolate Milk
Fat Free Milk

Red Beans and Rice
with Sausage
Managers Choice Salad
Black-Eyed Peas
Marinated Tomato and
Cucumber Salad
Pineapple Tidbits
Fresh Fruit Bowl
Yeast Roll
Chocolate Milk
Fat Free Milk

Stromboli Supreme Grilled Fajita Salad Steamed Broccoli Florets Whole Kernel Corn Applesauce in a Bag Fruited Gelatin Chocolate Milk Fat Free Milk

Chicken Nachos
Chef Salad
Spicy Fries
Cheesy California
Veggies
Chilled Peaches
Fresh Bananas
Fat Free Milk
Chocolate Milk

Pepperoni Pizza Wedge Fruit and Yogurt Plate Baked Ranch Fries Black Bean Salad Fresh Apples Chilled Pear Halves Fat Free Milk Chocolate Milk Fish Sticks
Chef Salad
Tomatoes & Carrots w/Dip
Tossed Salad w/ Dressing
Fresh Strawberries
Chilled Mandarin
Oranges
Whole Wheat Roll
Fat Free Milk
Chocolate Milk

12

19

26

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

13

20

Chili Cheese over Chips Grilled Chicken Salad Crinkle Cut Fries Baked M611 0 Confetti Coleslaw

14

21

28

Confetti Coleslaw
Fresh Fruit Bowl
Fruit Cocktail
Ketchup
Snack Cookies
Fat Free Milk
Chocolate Milk

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

18

25

11

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

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

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

Turkey and Dressing Cranberry Sauce Managers Choice Salad Whole Grain Saltine Crackers Sweet Potato Casserole Seasoned Green Beans Fresh Fruit Bowl Tropical Fruit Fruit Crisp Yeast Roll Low Fat Milk Chocolate Milk Sausage Pizza
Chicken Salad Salad
Spicy Fries
Steamed Carrots
Fresh Fruit Bowl
Assorted Fruit Juices
Snack Cookies
Fat Free Milk
Chocolate Milk

22

27

2

GPSD Lunch K-8 th Menu
Menu Subject to Change
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