

# OCTOBER

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

Mexican Pizza  
Cheeseburger  
Fruit and Yogurt Plate  
Spanish Rice  
Broccoli Salad  
Krinkle Cut  
Sweet Potatoes  
Fresh Apples  
Flavored Raisins  
Graham Crackers  
Chocolate Milk  
Fat Free Milk

2

Beef Stroganoff  
Over Rice  
Chef Salad  
Tuna Salad on  
Croissant Bun  
Glazed Carrots  
Seasoned Green Beans  
Chilled Peaches  
Fresh Fruit Bowl  
Cornbread  
Chocolate Milk  
Fat Free Milk

3

Chicken Wings, Bufalo Sc M33  
00  
Fish Melt  
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  
Spicy Chicken Sand M4157  
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  
Chicken Salad Sandwich  
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  
Chicken Salad w/Crackers  
Ham and Turkey  
Sandwich  
Tomatoes & Carrots w/Dip  
Tex Mex Style Beans  
Pear and Kiwi Medley  
Assorted Fruit Juices  
Chocolate Milk  
Fat Free Milk

9

Cheesy Chicken Over/Rice  
Corn Dog Nuggets  
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  
Meatballs in Marinara  
Sauce on Hoagie Bun  
Chicken Tenders Salad  
Tomatoes & Carrots w/Dip  
Crinkle Cut Fries  
Fresh Apples  
Chilled Mandarin  
Oranges  
Hushpuppies  
Low Fat Milk  
Chocolate Milk

11

Ham and Turkey  
on Bun  
Philly Cheese Steak  
Sandwich  
Chef Salad  
Trimming  
Bake Chips  
French Fries  
Broccoli Salad  
Tangerines  
Calico Fruit  
Mayonnaise  
Mustard  
Low Fat Milk  
Chocolate Milk

14

Hamburger Pie with Tater  
Tots  
Turkey & Cheese on Bun  
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  
Hamburger w/ Trimmings  
Green Peas  
Marinated Tomato and  
Cucumber Salad  
Pineapple Tidbits  
Fresh Fruit Bowl  
Whole Wheat Roll  
Chocolate Milk  
Fat Free Milk

16

Chicken Baked BBQ US M300  
0.1  
Chef Salad  
Tuna Ranch Wrap  
Steamed Broccoli Florets  
Mashed Potatoes with  
Cheese  
Fresh Fruit Cup  
Fruited Gelatin  
Cornbread  
Chocolate Milk  
Fat Free Milk

17

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

18

21

Chicken Nuggets  
Glazed BBQ Meatballs  
on Hoagie Bun  
Tuna Salad  
Spicy Fries  
Spinach Salad  
Fruit Slushes  
Fresh Fruit Bowl  
Whole Wheat Roll  
Saltine Crackers  
Ketchup  
Variety of Dipping Sauce  
Chocolate Milk  
Fat Free Milk

22

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

23

BBQ Pulled Pork Burger  
Chicken Tenders Salad  
Ham and Turkey  
Sandwich  
Baked Beans  
Confetti Coleslaw  
Fresh Pears  
Waldorf Fruit Salad  
Chocolate Chip Cookie  
Low Fat Milk  
Chocolate Milk

24

Spaghetti & Meat Sauce  
Grilled Chicken Sandwich  
Trimming  
Chef Salad  
Cheesy Broccoli  
Raw Veggies with Dip  
Fresh Bananas  
Fresh Oranges  
Whole Wheat Garlic Toast  
Mayonnaise  
Mustard  
Chocolate Milk  
Fat Free Milk

25

Sausage Pizza  
Chicken Salad w/Crackers  
Chicken Patty Sandwich  
Seasoned Potato Wedges  
Steamed Carrots  
Fresh Fruit Bowl  
Assorted Fruit Juices  
Fat Free Milk  
Chocolate Milk

28

Mexican Pizza  
 Cheeseburger  
 Fruit and Yogurt Plate  
 Spanish Rice  
 Broccoli Salad  
 Krinkle Cut  
 Sweet Potatoes  
 Fresh Apples  
 Flavored Raisins  
 Graham Crackers  
 Chocolate Milk  
 Fat Free Milk

29

Chicken Wings, Bufalo Sc M33  
 00  
 Fish Melt  
 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

30

Beef Stroganoff  
 Over Rice  
 Chef Salad  
 Tuna Salad on  
 Croissant Bun  
 Glazed Carrots  
 Seasoned Green Beans  
 Chilled Peaches  
 Fresh Fruit Bowl  
 Cornbread  
 Chocolate Milk  
 Fat Free Milk

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**GPSD High School Lunch Menu**  
**Menu Subject to Change**

**"This Institution is an Equal Opportunity Provider**