



NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

1

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

4

Baked Pork Chop
 Chicken Salad Sandwich
 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

5

Veggie Soup Sand Combo UM5
 030.1
 Turkey & Cheese on Bun
 Chef Salad
 Vegetable Juice
 Baked Beans
 Flavored Raisins
 Chilled Peach Slices
 Chocolate Milk
 Fat Free Milk

6

Red Beans and Rice
 with Sausage
 Managers Choice Salad
 Hamburger w/ Trimmings
 Black-Eyed Peas
 Marinated Tomato and
 Cucumber Salad
 Pineapple Tidbits
 Fresh Fruit Bowl
 Whole Wheat Roll
 Chocolate Milk
 Fat Free Milk

7

Stromboli Supreme M2570
 Grilled Fajita Salad
 Tuna Ranch Wrap
 Steamed Broccoli Florets
 Whole Kernel Corn
 Applesauce in a Bag
 Fruited Gelatin
 Chocolate Milk
 Fat Free Milk

8

Chicken Nachos
 American Sub
 Chef Salad
 Criss Cut Sweet Potatoes
 Cheesy California
 Veggies
 Chilled Peaches
 Fresh Bananas
 Fat Free Milk
 Chocolate Milk

11

Pepperoni Pizza Wedge
 Chicken Salad Sandwich
 Fruit & Yogurt Salad U M3615.
 1
 Baked Ranch Fries
 Black Bean Salad
 Fresh Apples
 Chilled Pear Halves
 Graham Crackers
 Fat Free Milk
 Chocolate Milk

12

Fish Sticks
 Meatballs in Marinara
 Sauce on Hoagie Bun
 Chef Salad
 Tomatoes & Carrots w/Dip
 Tossed Salad w/ Dressing
 Fresh Strawberries
 Chilled Mandarin
 Oranges
 Whole Wheat Roll
 Low Fat Milk
 Chocolate Milk

13

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

14

Chili Cheese over Chips
 Grilled Cheese Sandwich
 Grilled Chicken Salad
 California Veggies
 Confetti Coleslaw
 Fresh Fruit Bowl
 Fruit Cocktail
 Oatmeal Raisin Cookie
 Low Fat Milk
 Chocolate Milk

15

Philly Cheese Steak
 Sandwich
 Ham and Turkey
 on Bun
 Chicken Tenders Salad
 Trimmings
 Bake Chips
 French Fries
 Broccoli Salad
 Fresh Bananas
 Calico Fruit
 Mayonnaise
 Mustard
 Low Fat Milk
 Chocolate Milk

18

Chicken Nuggets
 Glazed BBQ Meatballs
 on Hoagie Bun
 Tuna Salad Salad M3590
 Criscut Sweet Potatoes
 Spinach Salad
 Fruit Slushes
 Fresh Fruit Bowl
 Whole Wheat Roll
 Variety of Dipping Sauce
 Chocolate Milk
 Fat Free Milk

19

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

20

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

21

Turkey and Dressing
 Cranberry Sauce
 Chili Dog
 Managers Choice Salad
 Sweet Potato Casserole
 Seasoned Green Beans
 Assorted Fruit Juices
 Tropical Fruit
 Fruit Crisp
 Yeast Roll
 Low Fat Milk
 Chocolate Milk

22

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

25

26

27

28

29

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

"This Institution is an Equal Opportunity Provider"