

# GMHS - OCTOBER 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHEESEBURGER OR CHICKEN SALAD SANDWICH W/SIDE SALAD AND FRIES	2 CHICKEN PATTY OR FRENCH BREAD PIZZA W/MIXED VEG AND CHIPS
5		6 BALL PARK FRANK OR BBQ CHIX SANDWICH W/BAKED BEANS AND FRIES	7 CHEESEBURGER W/COLE SLAW AND CHIPS OR CHICKEN ALFREDO OVER PENNE W/SIDE SALAD	8 GRILLED CHEESE OR SLOPPY JOE W/SIDE SALAD AND FRESH FRUIT	9 FRENCH BREAD PIZZA OR TUNA SALAD SANDWICH W/PINEAPPLE AND CARROT STIX
12		13 CHICKEN CAESAR SALAD OR AMERICAN CHOP SUEY W/FRESH APPLES AND BROCCOLI	14 MACHO NACHO OR HAM AND CHEESE SUB W/ LETTUCE & TOMATO AND SIDE SALAD	15 CHICKEN NUGGETS OR PENNE MARINARA W/ BROCCOLI AND FRUIT CUP	16 MOZZARELLA STIX OR TURKEY SUB W/COLE SLAW AND POTATO PUFFS
19		20 PENNE & MEATBALLS OR CHICKEN PATTY W/ SIDE SALAD AND FRUIT	21 GRILLED CHIX SANDWICH OR MAC N CHEESE W/ GREEN BEANS AND FRUIT CUP	22 TUNA WRAP OR BLT SANDWICH W/VEGGIE STIX AND CRAISINS	23 ENGLISH MUFFIN PIZZA'S OR CRANBERRY CHIX SALAD WRAP W/SIDE SALAD AND FRUIT
26		27 GRILLED HOT DOGS OR CHICKEN PARM W/CUCUMBER SALAD & CHIPS	28 "CHIX TACO'S" SEASONED CHIX OVER CORN CHIPS OR CHEESE QUESADILLA W/ THE FIXINS	29 MAC N CHEESE OR CHICKEN PATTY W/MIXED VEGGIES AND FRUIT CUP	30 HALLOWEENIES (HOT DOG) OR MONSTER TOES (CHICKEN NUGGETS) W/MEAN BEANS AND FRANKEN FRIES

## LUNCH PRICES

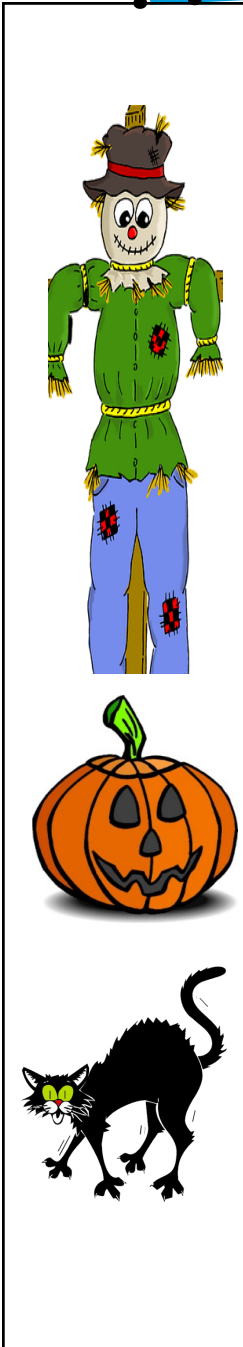
Currently Free  
**BREAKFAST PRICES**  
Currently free

ALL MEALS SERVED MEET THE NUTRITIONAL GUIDELINES PUT OUT BY THE USDA AND SCHOOL NUTRITION ASSOCIATION

## \*ALLERGEN NOTE\*

Please contact Food Service for assistance and/or accommodations if you have documentation of a food allergy

MEALS INCLUDE:  
**Choice of Milk & Fresh Fruit**  
Menu subject to change without notice



**Sean Riley FSD**  
978-352-5777  
Ext. 105  
rileys@georgetown.k12.ma.us