
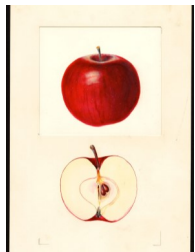


GMHS - OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHEESE PIZZA WITH FRUIT, VEGGIES AND FRENCH FRIES
4 BBQ PULLED PORK ON A BUN WITH FRIES AND COLE SLAW	5 SAUSAGE MARINARA OVER PENNE WITH GARLIC BREAD & STEAMED VEGGIES	6 HALF DAY 1/2	7 CHCKEN PATTY SANDWICH W/CHIPS & FRUIT	8 CHEESE PIZZA WITH FRUIT, STEAMED VEGGIES AND FRENCH FRIES
11 NO SCHOOL 	12 FRENCH TOAST STIX W/ EGG PATTY, HOME FRIES AND FRUIT	13 GRILLED CHICKEN SANDWICH WITH COLE SLAW AND FRUIT	14 PENNE PASTA WITH MEATBALLS, GARLIC KNOTS & MIXED VEGGIES	15 CHEESE PIZZA WITH FRUIT AND COLE SLAW
18 SLOPPY JOE SANDWICH WITH COLE SLAW & CHIPS	19 CHEESEBURGER WITH CHIPS & COLE SLAW	20 MOZZ STIX WITH MARINARA AND STEAMED VEGGIES	21 ALL BEEF FRANKS WITH STEAMED VEGGIES AND FRIES	22 CHEESE PIZZA WITH FRUIT, STEAMED VEGGIES
25 CHICKEN PATTY SANDWICH WITH STEAMED VEGGIES AND CHIPS	26 GRILLED CHEESE WITH FRIES AND STEAMED VEGGIES	27 CHICKEN NUGGETS WITH PASTA SALAD AND COLE SLAW	28 CHICKEN CAESAR SALAD WITH GARLIC BREAD	29 CHEESE PIZZA WITH FRUIT, VEGGIES AND FRENCH FRIES



LUNCH PRICES

Currently Free
BREAKFAST PRICES
Currently free

ALWAYS AVAILABLE:
-BAGEL BOX
-PB&J BOX
-DAILY SALAD OFFERINGS

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

Menu subject to

Sean Riley FSD
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