




# GMHS - NOVEMBER 2021



| Monday                                                   | Tuesday                                              | Wednesday                                                               | Thursday                                                                                                              | Friday                                                                                                                |
|----------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1 NO SCHOOL<br>PROFESSIONAL DEVELOPMENT DAY!             | 2 CHCKEN PATTY SANDWICH W/FRIES & FRUIT              | 3 GRILLED CHEESE SANDWICH WITH CHIPS AND COLE SLAW                      | 4 CHICKEN CAESAR SALAD WITH GARLIC BREAD                                                                              | 5 CHEESE PIZZA WITH FRUIT, VEGGIES AND FRENCH FRIES                                                                   |
| 8 TUNA SALAD ON A BUN WITH FRIES AND COLE SLAW           | 9 PENNE MARINARA WITH GARLIC BREAD & STEAMED VEGGIES | 10 CHICKEN NUGGETS WITH PASTA SALAD AND COLE SLAW                       |                                    | 12 CHEESE PIZZA WITH FRUIT, STEAMED VEGGIES AND FRENCH FRIES                                                          |
| 15 HAM & CHEESE SANDWICH WITH COLE SLAW AND FRUIT        | 16 WAFFLES WITH EGG PATTY, HOME FRIES AND FRUIT      | 17 HALF DAY<br>DISTRICT CONFERENCES<br><b>PLEASE GRAB A BREAKFAST!!</b> | 18 PENNE PASTA WITH MEATBALLS, GARLIC KNOTS & MIXED VEGGIES                                                           | 19 CHEESE PIZZA WITH FRUIT AND COLE SLAW                                                                              |
| 22 CHIX PARM SANDWICH WITH COLE SLAW & CHIPS             | 23 ALL BEEF FRANKS WITH BAKED BEANS AND FRUIT        | 24 HALF DAY!<br><b>PLEASE JOIN US FOR BREAKFAST</b>                     | 25 <b>HAPPY THANKSGIVING</b><br> | 26 <b>HAPPY THANKSGIVING</b><br> |
| 29 CHICKEN PATTY SANDWICH WITH STEAMED VEGGIES AND CHIPS | 30 GRILLED CHEESE WITH FRIES AND STEAMED VEGGIES     |                                                                         |                                                                                                                       |                                                                                                                       |



## 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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