

LUNCH

Menu Subject to change based on Item availability.

SEPTEMBER 2021
GM HIGH SCHOOL MENU

Lunch: FREE for ALL Students

Adult Meal: \$3.75

Milk: \$0.60

Students may choose a Deli Sandwich/Wrap/Panini, Pizza, Hot Sandwich, Soup, or Pre-Made Salad in place of the main entrée.

Monday

Tuesday

Wednesday

Thursday

Friday



1
French Toast Sticks
Sausage
Tator Tots
Assorted Fruit

2
Chicken Strips/Sauce
Spiral Fries
Mixed Vegetables
Peaches

3
Sloppy Joe
on a Bun
Cucumber Tomato Salad
Pears

6
HAPPY LABOR DAY

7
Chicken Parmesan
over Pasta
Dinner Roll
Spinach Side Salad
Side Kick Fruit Cup

8
Mac & Cheese
Dinner Roll
Waffle Fries
Stewed Tomatoes
Assorted Fruit

9
Chicken Fritter on
Whole Wheat Bun
Potato Smiles
Peaches

10
Italian Dunkers
Marinara Sauce
Green Beans
Side Salad
Pears

13
Asian Chicken Bowl
Rice
Glazed Carrots
Tropical Fruit Salad

14
Grilled Cheese Sandwich
Tomato Soup
California Blend Veggies
Mandarin Oranges

15
Chicken Soft Taco
w/ Soft Pretzel
Corn
Baked Apples w/ Cinnamon

16
Sliced Turkey w/ Gravy
Dinner Roll
Mashed Potatoes
Fresh Vegetables
Pineapple Tidbits

17
Lasagna
NY Breadstick
Green Beans
Applesauce
Royal Brownies

20
Popcorn Chicken Bowl
Dinner Roll
Mashed Potatoes
Corn
Pineapple

21
Garbage Fries
Soft Pretzel
Cauliflower
Side Salad
Pears

22
BBQ Pulled Pork
on a Bun
Rice Pilaf
Mixed Vegetables
Fresh Fruit Salad

23
Ham & Cheese Pretzel
California Blend Veggies
Potato Wedges
Peaches

24
Cheesy Chicken Nachos
Fiesta Corn
Side Salad
Blueberry Crisp

27
BBQ Chicken Wrap
Spinach Side Salad
Pears

28
Goulash
NY Breadstick
Green Beans
Peaches

29
Chicken Pot Pie
Mashed Potatoes
Peas
Fruit Cup

30
Walking Tacos
Cooked Carrots
Apple Sauce
Fruit Churro



MILK, JUICE, AND FLAVORED WATER PRODUCTS OFFERED DAILY
Students must take 3 of 5 components offered and ONE must be a Fruit or Vegetable.