

SEPTEMBER 2023

GMHS

LUNCH



Lunch \$3.60
Reduce \$0.40
Adult \$5.00



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

4

Cheeseburger
Fries
Peaches

5

Mac & Cheese
Cauliflower
Milk

6

Chicken Tender
Cooked Carrots
Fruit

7

Chicken Sandwich
Buttered Peas
Apple Slices

1

Italian Dunkers
w/ Marinara Sauce
Seasoned Vegetables
Pineapple

8

Grilled Cheese
Tomato Soup
Tater Tots
Mandarin Oranges

11

Walking Taco
Corn
Sliced Apple

12

General Tso
Broccoli
Rice
Fruit

13

Chicken and Biscuits
Cooked Carrots
Pears

14

Pizza
Green Beans
Apple Sauce

15

Hot Dog
Baked Beans
Pineapple

18

Chicken Sandwich
Broccoli
Fries
Peaches

19

Ham & Cheese
Sandwich
Buttered Peas
Mandarin Oranges

20

Popcorn Chicken Bowl
Dinner Roll
Sidekicks Fruit Cup &

21

Lasagna
Side Salad
Mixed Fruit

22

Goulash
Diced Carrots
Apple Sauce

25

Cheese Calzone
Cooked Cauliflower
Pears

26

Pancakes & Sausage
Tater Tots
Side Kicks Fruit Cup

27

Pizza
Green Beans
Tossed Salad
Pineapple

28

Chicken Sandwich
Buttered Peas
Apple Slices

29