LUNCH

Salads of the Week
Oct. 5-9 Caesar | Oct.13-16 Chef
Oct. 19-23 Taco | Oct. 26-30 Pizza

OCTOBER 2026

Gilbertsville-Mount Upton CSD

STUDENTS ARE ENTITLED TO 1 FREE BREAKFAST & 1 FREE LUNCH DAILY THROUGH THE CEP PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Chef's Choice** Corn Fruit Milk	2 **PreK-4 Hamburger on Bu** **5-12 Chicken Wing Dip** Celery Fruit Milk
5 Chicken Patty on Bun Cheesy Broccoli Fruit Milk	6 Beef Frank on Bun Baked Beans Chips Fruit Milk	7 Pizza Leafy Green Salad Fruit Milk	8 Popcorn Chicken Bowl Mashed Potato / Gravy Corn Fruit Milk	9 NO SCHOOL **Sandwich** **Oct.5-9 Egg Salad** **Oct.13-16 Ham** **Oct.19-23 Turkey** **Oct.26-30 Boologna**
12 NO SCHOOL **National School Lunch Week** ***CAFETERIA CIRCUS***	13 Corn Dog Clown Fries Fruit Milk	14 Circus Ring Pizza Leafy Green Salad Fruit Milk	15 Juggling PreK-4 Meatball Sub 5-12 Meatball Balancing Act Roasted Carrots Fruit / Milk	16 **PreK-4 Chicken Tenders** **5-12 Baked Potato Bar** Broccoli Fruit Milk
19 Mac & Cheese Broccoli Fruit Milk	20 Chicken & Waffle Day Blueberries Fruit Milk	21 Wild Mike's Pizza Bites Leafy Green Salad Fruit Milk	22 Ham & Cheese on Pretzel Bun Sweet Potato Fries Fruit Milk	23 **Lasagnchiladas** **Green Beans** Fruit Milk
26 Breakfast for Lunch Sausage Berries Fruit Milk	27 Cheesy Sloppy Raider Bake Baked Beans Fruit Milk	28 PreK-4 French Bread Pizza 5-12 Pepperoni Roll Leafy Green Salad Fruit / Milk	29 Halloween Spooktacular Lunch Broccoli Fruit Milk	30 Noon Dismissal PreK-6 Uncrustable 7-12 Boneless Wings Carrots Fruit/Milk

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

"GMUCSD IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER"

Menu subject to change based on availability of product

Any allergy please notify the Cafeteria and the School Nurse