



# LUNCH

MILK \$.55

# OCTOBER 2021

## GILBERTSVILLE MOUNT-UPTON CSD

ALL STUDENT MEALS ARE FREE  
FOR THE 2021-2022 SCHOOL YEAR  
THROUGH THE SSO PROGRAM  
Adult Lunch \$5.15

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Sandwich Choices**  
Oct. 4-8 Ham  
Oct. 12-15 Tuna  
Oct. 18-22 Turkey  
Oct. 25-29 Boologna

Chicken Speedies  
Roasted Zucchini  
Fruit  
Milk

1

Mac & Cheese  
7-12  
Buffalo Mac & Cheese  
Peas  
Fruit & Milk

4

Beef Frank  
on Bun  
Sweet Potato Puffs  
Fruit  
Milk

5

K-3  
Pizza  
4-12  
Pepperoni Roll  
Leafy Green Salad  
Fruit & Milk

6

Turkey & Biscuit  
Roasted Carrots  
Fruit  
Milk

7

Chicken Fajitas  
Marinated Black Beans  
Fruit  
Milk

8

No  
School  
National school lunch week  
Yeah

11

Pork Carnitas  
Corn Muffin  
Mexican Street Corn  
Fruit  
Milk

12

Wild Mike's  
Pizza Bites w/ Sauce  
Leafy Green Salad  
Cantaloupe / Milk

13

Sweet & Sour Chicken  
Over Rice  
Broccoli  
Fruit  
Milk

14

Sloppy Pizza Burger  
on Bun  
Sweet Potato Puffs  
Fruit  
Milk

15

Chicken Patty  
on Bun  
Leafy Green Salad  
Fruit  
Milk

18

Meatball Sub  
Sweet Potato Puffs  
Fruit  
Milk

19

Pizza  
Leafy Green Salad  
Frit  
Milk

20

Breakfast for Lunch  
French Toast Sticks  
Sausage  
Berries and Cream  
Fruit & Milk

21

Nachos  
Meat & Cheese  
Marinated Black Beans  
Fruit  
Milk

22

Waffle Grilled Cheese  
Tomato Soup  
Carrots  
Fruit / Milk

25

Beef & Bean  
Burrito  
Mexican Rice  
Corn  
Fruit / Milk

26

Wild Mike's  
Pizza Bites w/ Sauce  
Leafy Green Salad  
Fruit / Milk

27

Chicken Tenders  
Diner Roll  
Buffalo Cauliflower  
Fruit  
Milk

28

Spooky Spaghetti  
Vampire Bread  
Green Beans  
Eyeball Grapes  
Milk

29



PAY FOR MEALS ONLINE  
MySchoolBucks.com

"GMUCSD IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER"

**MENU SUBJECT TO CHANGE**

