





Gouverneur Middle School Lunch Menu - OCTOBER 2018

(Menu Subject to Change Without Notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 (1) Cheese Ravioli Seasoned Green Beans Breadstick Chilled Applesauce Cup & Milk OR (2) Ham Sandwich	2 (1) Hamburger on Whole Wheat Roll French Fries Chilled Mixed Fruit & Milk OR (2) Ham Sandwich 	3 (1) Whole Wheat Pizza Three Bean Salad Chilled Pears & Milk OR (2) Ham Sandwich	4 (1) Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese) Steamed Corn, Biscuit Chilled Peaches & Milk OR (2) Ham Sandwich	5 (1) Mac & Cheese Garlic Breadstick Red Pepper Strips Chilled Applesauce & Milk OR (2) Ham Sandwich
8 Columbus Day—No School 	9 (1) Chicken Parmesan Sandwich Steamed Carrots Chilled Applesauce & Milk OR (2) Turkey Sandwich	10 (1) Whole Wheat Pizza Caesar Salad Chilled Pears & Milk OR (2) Turkey Sandwich 	11 (1) Pasta with Meat Sauce Iceberg Garden Salad Chilled Mixed Fruit & Milk OR (2) Turkey Sandwich	12 (1) Sampler - 3 Mozzarella Sticks, 3 Boneless Wings, & 1 BOSCO Stick Three Bean Salad Strawberries & Milk OR (2) Turkey Sandwich
15 (1) Pulled Pork Sandwich Baked Beans Chilled Pears & Milk OR (2) Bologna Sandwich	16 (1) Asian Chicken Brown Rice Steamed Broccoli Chilled Applesauce & Milk OR (2) Bologna Sandwich	17 (1) Whole Wheat Pizza Iceberg Garden Salad Chilled Pears & Milk OR (2) Bologna Sandwich	18 (1) Roasted Turkey Mashed Potatoes Steamed Carrots Chilled Mixed Fruit & Milk OR (2) Bologna Sandwich	19 (1) Hot Meatball Sub Steamed Corn Warm Cinnamon Applesauce OR (2) Bologna Sandwich
22 (1) Cheeseburger on Whole Wheat Roll Sweet Potato Fries Chilled Peaches & Milk OR (2) Turkey Sandwich	23 (1) Chicken Caesar Salad with Cheese Breadstick String Cheese Stick Chilled Applesauce & Milk OR (2) Turkey Sandwich	24 (1) Whole Wheat Pizza Three Bean Salad Chilled Pears & Milk OR (2) Turkey Sandwich	25 (1) Grilled Cheese Sandwich Tomato Soup Steamed Corn Chilled Mixed Fruit & Milk OR (2) Turkey Sandwich 	26 (1) Boneless Chicken Wings Rice Pilaf Carrots & Celery Sticks Chilled Pears & Milk OR (2) Turkey Sandwich
29 (1) Buffalo Baked Stuffed Pasta Bosco Stick Cucumber Slices Chilled Pears & Milk OR (2) Bologna Sandwich	30 (1) Popcorn Chicken Whole Wheat Dinner Roll Black Bean Salad Chilled Applesauce & Milk OR (2) Bologna Sandwich	31 (1) Whole Wheat Pizza Broccoli Salad Chilled Peaches & Milk OR (2) Bologna Sandwich	Nov 1 (1) Chick & Biscuits Mashed Potatoes Steamed Broccoli Chilled Mixed Fruit & Milk OR (2) Bologna Sandwich	Nov 2 (1) French Toast Sticks Sweet Potato Home Fries Sausage Chilled Pears & Milk OR (2) Bologna Sandwich
<u>Monday Lunch Alternates</u> (3) PB&J Sandwich (4) Chicken Nuggets w/Breadstickl	<u>Tuesday Lunch Alternates</u> (3) PB&J Sandwich (4) Soft Tacos with Lettuce & Cheese	<u>Wednesday Lunch Alternates</u> (3) PB&J Sandwich (4) Chef Salad w/Breadstick	<u>Thursday Lunch Alternates</u> (3) PB&J Sandwich (4) Chicken Burger on WW Roll	<u>Friday Lunch Alternates</u> (3) PB&J Sandwich (4) Baked Haddock Sandwich
<u>Monday Breakfast Alternates</u> French Toast Sticks w/Syrup	<u>Tuesday Breakfast Alternates</u> Pancakes w/Syrup	<u>Wednesday Breakfast Alternates</u> Fresh Baked Cinnamon Rolls	<u>Thursday Breakfast Alternates</u> Breakfast Pizza	<u>Friday Breakfast Alternates</u> Egg & Sausage Sandwich

FREE BREAKFAST FOR ALL STUDENTS: Assorted Cereals, Mini Donuts (T & Th), Fruit, 100% Fruit Juice & Milk

Available Daily with Lunch: Milk, Assorted Fresh Fruit & Vegetables

A la Carte Snacks (when Available) Low Fat Ice Cream, Baked Chips, Water, Rice Krispie Treats, Cheetos, Fruit by the Foot \$0.30-\$1.50

	Prices
<u>Breakfast</u>	
FREE	5-8
FREE	Reduced Price

<u>Lunch</u>
\$1.00
FREE

Milk—\$0.45



PLEASE GET YOUR FREE AND REDUCED MEAL APPLICATIONS IN .
 A NEW FORM NEEDS TO BE COMPLETED EACH NEW SCHOOL YEAR

Get a form at gcsk12.org, or at any school office

This institution is an equal opportunity provider and employer