




GMCS Food Department wishes to All a Wonderfull 2021

January Lunch Menu 2021 Name: _____ Teacher _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School <i>Happy New Year!</i>
4 Nachos & Cheese; Celery & Peanut Butter; Applesauce.	5 Ham & Cheese Sandwich (Mayo, Mustard on the side); Veggie Straws. Peaches.	6 Spaghetti & Meatballs CucumbersW/ Ranch; Dinner Roll. Apple	7 PBJ w/ Goldfish Crackers; Baby Carrots w/ Ranch. Mandarin Oranges	8 Chicken Rice Soup w/ Crackers; Salad w/ Ranch. Banana.
11 Macaroni & Cheese; Broccoli w/Ranch; Applesauce.	12 Egg Salad Sandwich; Sticks w/ Ranch; Peaches.	13 Sloppy Joe Sandwich; Baby Carrots w/ Ranch; Apple.	14 Italian Hoagie;(Lettuce, Tomato, Mayo, on the Side)Corn; Apple Sauce.	15 Pizza Lunchable; Cucumbers w/ Ranch; Banana.
18 No School	19 Cheese Ravioli w/ Dinner Roll; Cucumbers w/ Ranch; Applesauce.	20 Turkey & Cheese Sandwich; Mayo on the side; Veggie Straws; Peaches	21 Beef Vegetable Soup w/ Crackers; Celery Sticks w/ Peanut Butter; Banana	22 PBJ w/ Goldfish Crackers; Baby Carrots w/ Ranch. Mandarin Oranges.
25 Walking Taco; Lettuce, Sauce, Cheese, Corn; Peaches.	26 Chicken Salad Sandwich; Cucumber w/ Ranch; Fruit Squeeze.	27 Hot Dog on the Roll; Ketchup/Mustard on the side); Baked Beans; Applesauce.	28 Ham/Turkey Lunchable; Baby Carrots w/ Ranch. Apple.	29

Lunch Includes: 1 FRESH VEGETABLE, 1 FRUIT & 1 MILK CHOICE (WHITE, CHOCOLATE)

All Students are Allowed to have Free Meals Daily for the School Year 2020-2021



Breakfast Menu - **January 2021**

Daily Breakfast includes: 1 Entrée choice, 1 side, 1 fruit, and 1 milk Choice 1

Jan 4th ~ 15th **Choice 1**

Apple Jacks or Fruit Loops Cereal

Granola Bar

Fruit (Variety)

Fruit Juice

Choice of Milk

Choice 2

Yogurt

Fruit (Variety)

Fruit Juice

Choice of Milk

Jan 16th~ 31th **Choice 1**

Raisin Brian or Lucky Charms Cereal

Granola Bar

Fruit (Variety)

Fruit Juice/Choice of Milk

Choice 2

Blueberry or Chocolate Chp Muffin

String Cheese

Fruit (Variety)

Fruit Juice/Choice of Milk



Milk Choices: White -Chocolate

