

Gilbert Lunch

THE GILBERT SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

Hot Dog
Hot Dog Bun
Baked Beans
Baby Carrots
Ranch Cup
Fruit Cup
Rainbow Tray
MILK,1% Lowfat
Fat-Free Chocolate
Milk

Oct 2

Chicken Patty on a
Roll
Spicy Chicken Patty
on a Roll
Steamed Corn
Crinkle Cut French
Fries
Fruit Cup
Rainbow Tray
MILK,1% Lowfat
Fat-Free Chocolate
Milk

Oct 3

Philly Cheese Steak
Mixed Veggies
Tater Tots
Rainbow Tray
Fruit Cup
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct 4

Pizza Crunchers
Marinara Sauce
Garden Salad
Fruit Cup
Rainbow Tray
MILK,1% Lowfat
Fat-Free Chocolate
Milk

Oct 7

WG Breaded Mozza
rella Sticks
Marinara Sauce
Carrots
Crinkle Cut French
Fries
Fruit Cup
Rainbow Tray
MILK,1% Lowfat
Fat-Free Chocolate
Milk

Oct 8

Soft Beef Taco
Steamed Corn
Rice & Beans
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct 9

Pasta
Marinara Sauce
Meatballs
Caesar Salad
Whole Grain Garlick
not
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

**Oct
10**

Bacon Cheeseburge
r on a Roll
Steamed Broccoli
Crispy Potato Wedg
es
Fresh Baked Cookie
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct 11

Chicken Quesadilla
Garden Salad
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

**Oct
14**

**Oct
15**

Beef Nacho Bowl
Steamed Corn
Fresh Baked Cookie
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

**Oct
16**

Mini Pancakes
Sausage Patty (2)
Hash Brown Patties
Syrup Cup
Sorbet
Rainbow Tray
Fruit Cup
Fat-Free Chocolate
Milk
MILK,1% Lowfat

**Oct
17**

Chicken Alfredo Pas
ta
Steamed Broccoli
Whole Grain Garlick
not
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

**Oct
18**

Pizza Crunchers
Marinara Sauce
Garden Salad
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
21

General Tso Chicken
Mixed Veggies
Vegetable Fried Rice
Fortune Cookie
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
22

Chicken Fajita Bowl
Steamed Corn
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
23

Beef Chili
Steamed Rice
Green Beans
Corn Muffin
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
24

Meatball Grinder
Spiral Fries
Baby Carrots
Ranch Cup
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
25

Pizza
Caesar Salad
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
28

Popcorn Chicken
Mashed Potato
Steamed Corn
Dinner Roll
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
29

Macaroni & Cheese
Caesar Salad
Breadstick
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
30

Cheeseburger on a
Bun
Crispy Potato Wedges
Green Beans
Fresh Baked Cookie
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

Oct
31

Italian Combo
Marinara Sauce
Veggies (Dip)
Ranch Cup
Whole Grain Garlic
not
Fruit Cup
Rainbow Tray
Fat-Free Chocolate
Milk
MILK,1% Lowfat

- ∨ **Alternate Meals Available Daily. Meals subject to change without notice.**
- ∨ **Fruit, Vegetables & Milk Available at Every Meal.**
- ∨ **This institution is an equal opportunity provider.**