

# this is february



## Gloucester City Middle School Lunch Menu

Gloucester City School District

### Choose 1 Entrée.

Lunch Includes:

Protein ~ Grain ~ Fruit ~ Veggie ~ Milk

Choose at least 3 out of 5 components including a fruit or veggie. You may take 2 fruits & 2 veggies.

All salads come with a grain.

### FEATURED ENTRÉE

Breakfast & Lunch is FREE to all Students.



THURSDAY 1

Chicken Alfredo w/  
Penne  
Broccoli

FRIDAY 2

Pizza   
Side Caser Salad

MONDAY 5

Breakfast Bowl w/  
Sausage  
Diced Potatoes

TUESDAY 6

Walking Beef Tacos  
 Spanish Rice

WEDNESDAY 7

Cheesesteak  
French Fries

THURSDAY 8

Popcorn Chicken w/  
Mac & Cheese  
Poppin' Peas


FRIDAY 9

Pizza   
Side Caser Salad

MONDAY 12

Pizza Crunchers  
Carrots

TUESDAY 13

Chicken Quesadilla  
 Corn Salad

WEDNESDAY 14

Grilled Cheese w/  
Bacon  
 Tomato Soup

THURSDAY 15

General Tso  
Chicken w/ Rice  
Broccoli


FRIDAY 16

Pizza   
Side Caser Salad

MONDAY 19



TUESDAY 20

Beef Nachos  
 Hot Vegetable

WEDNESDAY 21

Mozzarella Sticks  
Potato Wedges

THURSDAY 22

Pepperoni & Cheese  
Bagel Melt  
Poppin' Peas

FRIDAY 23

Pizza   
Side Caser Salad

MONDAY 26

Chicken & Waffles  
Sweet Potato Fries

TUESDAY 27

Hard Chicken Tacos  
 Mexican Street Corn

WEDNESDAY 28

Momma's Meat  
Sauce w/ Penne  
String Beans

THURSDAY 29

Teriyaki Chicken  
w/.rice  
Broccoli



### Daily Entrée

### Vegetable Patch

Kits

Hot Sandwich Meal

Cold Sandwich Meal

Salad Meal

With Dip

Bagel Kit

Chicken Patty  
Spicy Chicken Sandwich  
Cheeseburger

Assorted Hoagies  
Assorted Wraps

Garden Salad w/ Egg  
Chicken Caesar Salad  
Breaded Chicken Salad

Baby Carrots  
Broccoli Bites  
Celery Sticks

Uncrustable Kit

### CAFÉ CONTACT INFO:

Katie Mowry

Food Service Director  
GLC@nsfm.com

\*Menu subject to change  
This institution is an equal opportunity provider.