

November 2024

GCS Middle School



Monday

Tuesday

Wednesday

Thursday

Friday

Free and Reduced Applications

The 2024-2025 Iowa Eligibility Application for free or reduced meals is available to fill out and submit online at: ezmealapp.com. You may also pick up a paper application in the school offices. We encourage everyone to fill out an application to see if you qualify.

NO SCHOOL

4
Cereal, Crackers
Milk, Fruit & Juice
Bosco Cheese Sticks
Marinara Sauce
Steamed Corn, Salad Bar
Peaches, Cookie
Milk

5
Mini Donuts
Milk, Fruit & Juice
Cheese Omelet
French Toast & Syrup
Hashbrown, Fresh Veggies
Chilled Strawberries
Milk

6
Breakfast Pizza
Milk, Fruit & Juice
Chicken Nuggets
French Fries
Salad Bar, Banana
Bread & Butter
Milk

7
Cinnamon Roll
Milk, Fruit & Juice
Super Nachos
Steamed Peas, Salad Bar
Chilled Applesauce
Cinnamon Breadstick
Milk

8
Cereal, Crackers
Milk, Fruit & Juice
Pizza
Green Beans, Salad Bar
Mandarin Oranges
Jonny Pop
Milk

11
Cereal, Crackers
Milk, Fruit & Juice
Sloppy Joe on a Bun
French Fries
Salad Bar
Pears, Slushy Cup
Milk

12
Cowboy Bread
Milk, Fruit & Juice
Chicken Patty on a Bun
Honey Glazed Carrots
Salad Bar
Apple Slices
Fresh Baked Cookie
Milk

13
Sausage Gravy, Biscuit
Milk & Juice
Hot Dog on a Bun
Baked Beans
Broccoli Salad
Chilled Peaches
Jonny Pop
Milk

14
Long John
Milk, Fruit & Juice
Mandarin Chicken/Rice
Steamed Broccoli Normandy
Chilled Pineapple
Bread & Butter
Fortune Cookie
Milk

15
Cereal, Crackers
Milk, Fruit & Juice
Macaroni & Cheese
Steamed Peas
Salad Bar
Red Grapes
Dinner Roll
Milk

18
Cereal, Crackers
Milk, Fruit & Juice
Breaded Cheese Sticks
Marinara Sauce
Steamed Corn, Salad Bar
Chilled Peaches, Sherbet Cup
Milk

19
Mini Donut Holes
Milk, Fruit & Juice
Soft Shell Taco
Lettuce, Cheese & Salsa
Refried Beans, Salad Bar
Applesauce, Churro
Milk

20
Pancake on a Stick
Fruit, Milk & Juice
Mini Corn Dogs
Baked Beans, Salad Bar
Chilled Pears
Goldfish Crackers
Milk

21
Cereal, Crackers
Milk, Fruit & Juice
Turkey & Gravy over
Mashed Potatoes & Roll
Green Beans, Apple
Harvest Bar
Milk

22
Long John
Milk, Fruit & Juice
Hamburger on a Bun
French Fries, Salad Bar
Mandarin Oranges
Fruit Slushy
Milk

25
Cereal, Crackers
Milk, Fruit & Juice
Pizza
Green Beans, Salad Bar
Orange Wedges
Jonny Pop
Milk

26
Mini Donuts
Milk, Fruit & Juice
Popcorn Chicken
Steamed Corn, Salad Bar
Mixed Fruit
Roll and Butter
Milk

NO SCHOOL

NO SCHOOL

NO SCHOOL

Lunch News

Daily Salad Bar

Below are listed a few of the varied choices provided with lunch. Lettuce with 50% dark green mix, Carrots, Cucumber Slices, Broccoli, Green Peppers, Celery, Cauliflower and Radishes

Meal prices for 2024-2025

Breakfast - \$2.10
PK - 5th Grade Lunch - \$3.20
6th - 12th Grade Lunch - \$3.30
Adult Breakfast - \$2.50
Adult Lunch - \$4.85
Extra Milk - \$.50

EZSchoolpay

You may monitor your child's meal account and receive payment reminders via email on EZSchoolpay.com for FREE. You may also enter money into the account with a debit/credit card. There is a \$3.00 fee for online deposits.

If you have any questions, please call the Food Service Office at 712-527-5029.

This Institution is an equal opportunity provider.

Menus subject to change.

School Info

Professional Development
6th 13th 20th
2hr Early Dismissal

November 1st No School
November 27-29 No School