

Prices 2024-2025
 Student Lunch \$2.90
 Adult Lunch \$5.00
 Reduced Lunch FREE

SEPTEMBER

GHMS LUNCH 2024

Prepared by CVSD (717)556-0025

BUCKSKIN BAG

- #1 WG Mini Pretzels, String Cheese, Peanut Butter, Grahams
- #2 WG Sun Chips, Turkey Stick, Mini Loaf, Sunflower Seeds
- #3 WG Tostitos, CJ Cheese Stix, Sunflower Seeds, Cornbread
- #4 WG Grahams, Yogurt, Turkey Stick, Mini Muffin

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Cheeseburger on WG Roll of Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick</p> <p>Smile Potatoes Shredded Lettuce & Tomato Peaches / Fresh Fruit Milk</p>	<p>4</p> <p>Chicken Quesadilla w/ Churro Salsa & Sour Cream or BUCKSKIN BAG #2 or Deli Salad / Sun Chips / Breadstick</p> <p>Refried Beans Grape Tomatoes w/ Ranch Cinnamon Apples / Fresh Fruit Milk</p>	<p>5</p> <p>French Toast Stix / Sausage Links or Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick</p> <p>Crispy Potatoes Broccoli Florets w/ Ranch Pears / 100% Fruit Juice Milk</p>	<p>6</p> <p>Cheese Pizza or BUCKSKIN BAG #2 or Deli Salad / Sun Chips / Breadstick</p> <p>Steamed Carrots Cucumber w/ Ranch Apple Sauce / Fresh Fruit Milk</p>
<p>9</p> <p>Pretzel Bun w/ Cheese or BUCKSKIN BAG #3 or Cobb Salad / Fritos / WG Roll</p> <p>Tomato Soup / Goldfish Crackers Celery Stix w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>10</p> <p>Popcorn Chicken / Buttered Pasta or PBJ or Cobb Salad / Fritos / WG Roll</p> <p>Steamed Peas Baby Carrots w/ Ranch Apple Slices / Fresh Fruit Milk</p>	<p>11</p> <p>Sriracha Chicken / Mozzarella Sticks Dipping Sauce or BUCKSKIN BAG #3 or Cobb Salad / Fritos / WG Roll</p> <p>Scalloped Potatoes Broccoli Florets w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>	<p>12</p> <p>Walking Taco or PBJ or Cobb Salad / Fritos / WG Roll</p> <p>Mexican Bean Salad Lettuce / Tomato / Cheese Apple Sauce / Fresh Fruit Milk</p>	<p>13</p> <p>Pizza Stix w/ Sauce or BUCKSKIN BAG #3 or Steamed Green Beans Cobb Salad / Fritos / WG Roll</p> <p>Grape Tomatoes w/ Ranch Dole Fruit Jell O / Fresh Fruit Milk</p>
<p>16</p> <p>Jumbo Hotdog / Mac & Cheese or BUCKSKIN BAG #4 or Italian Salad / Goldfish / Breadstick</p> <p>BBQ Baked Beans Cucumber w/ Ranch Pears / Fresh Fruit Milk</p>	<p>17</p> <p>Rotini Pasta Meat Sauce / Breadstick or Italian Meat on WG Roll or Italian Salad / Goldfish / Breadstick</p> <p>Steamed Mixed Vegetables Spring Mix Salad w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>18</p> <p>Egg Omelet /Sausage Links / Biscuit or BUCKSKIN BAG #4 or Italian Salad / Goldfish / Breadstick</p> <p>Crispy Potatoes Baby Carrots w/ Ranch Cinnamon Apples / 100% Fruit Juice Milk</p>	<p>19</p> <p>Teriyaki Dippers / Steamed Rice Eggroll / Orange Sauce or PBJ or Italian Salad / Goldfish /Breadstick</p> <p>Steamed Broccoli Grape Tomatoes w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>	<p>20</p> <p>EARLY DISMISSAL French Bread Pizza or PBJ</p> <p>Steamed Carrots Celery Stix w/ Ranch Apple Slices Milk</p>
<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>Cheesy Pull-a-Parts or PBJ or Garden Salad / Cheez Its / WG Roll</p> <p>Tomato Soup / Goldfish Crackers Broccoli Florets w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>	<p>25</p> <p>Popcorn Chicken / WG Roll or BUCKSKIN BAG #1 or Garden Salad / Cheez Its / WG Roll</p> <p>Mashed Potatoes w/ Gravy Baby Carrot w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>26</p> <p>Soft Shell Taco or PBJ or Garden Salad / Cheez Its / WG Roll</p> <p>Mexican Bean Salad Lettuce / Tomato / Cheese Apple Sauce / Fresh Fruit Milk</p>	<p>27</p> <p>Cheese Pizza or BUCKSKIN BAG #1 or Garden Salad / Cheez Its / WG Roll</p> <p>Steamed Mix Vegetables Spring Mix Salad w/ Ranch Dole Fruit Jell-O Cup / Fresh Fruit Milk</p>
<p>30</p> <p>Lasagna Roll up / Breadstick or BUCKSKIN BAG #2 or Deli Salad / Sun Chips / Breadstick</p> <p>Steamed Broccoli Celery Stix w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>				

LUNCH SELECTION CHOICE INCLUDES:

1. HOT ENTRÉE: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT
2. COLD SANDWICH / PBJ: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT
3. BUCKSKIN BAG INCLUDES: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT
FAT FREE MILK SERVED DAILY

MENU SUBJECT TO CHANGE

- Garden Salad (Greens, Tomato, Cucumber, Carrot, Pepper, Sunflower Seeds, Cheddar)
- Deli Salad (Greens, Tomato, Cucumber, Red Onion, Peppers, Egg, Turkey Ham, Mozzarella)
- Cobb Salad (Greens, Tomato, Cucumber, Carrot, Egg, Turkey Bacon Grilled Chicken, Cheddar)
- Italian Salad (Greens, Tomato, Carrots, Red Onion, Pepper, Turkey Pepperoni, Mozzarella)

