

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

OCTOBER

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 Grahams, Yogurt, Peanut Butter, Mini Muffin
- #4 WG Chex Mix, Turkey Stix, Mini Loaf, Cheese Stix

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheeseburger on WG Roll of Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick Smile Potatoes Shredded Lettuce & Tomato Peaches / Fresh Fruit Milk	2 Chicken Quesadilla w/ Churro Salsa & Sour Cream or Buckskin Bag #2 or Deli Salad / Sun Chips / Breadstick Refried Beans Grape Tomatoes w/ Ranch Cinnamon Apples / Fresh Fruit Milk	3 French Toast Stix / Sausage Links or Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick Hash Browns Broccoli Florets w/ Ranch Pears / 100% Fruit Juice Milk	4 Cheese Pizza or Buckskin Bag #2 or Deli Salad / Sun Chips / Breadstick Steamed Carrots Cucumber w/ Ranch Apple Sauce / Fresh Fruit Milk
7 Popcorn Chicken w/ Tostitos / Salsa / Cheese Sauce or Buckskin Bag #3 or Cobb Salad / Fritos / WG Roll Tex-Mex Vegetables Spring Mix Salad w/ Ranch Apple Slices / Fresh Fruit Milk	8 Pretzel Bun w/ Cheese or PBJ or Cobb Salad / Fritos / WG Roll Tomato Soup / Goldfish Crackers Celery Stix w/ Ranch Peaches / Fresh Fruit Milk	9 Walking Taco or Buckskin Bag #3 or Cobb Salad / Fritos / WG Roll Mexican Bean Salad Lettuce / Tomato / Cheese Apple Sauce / Fresh Fruit Milk	10 EARLY DISMISSAL French Bread Pizza or PBJ Baby Carrots w/ Ranch Apple Slices Milk	11 NO SCHOOL
14 NO SCHOOL	15 Enchiladas w/ Sauce & / Fritos Italian Meat on WG Roll or Italian Salad / Goldfish / Breadstick Mexican Street Corn Bake Cucumber w/ Ranch Peaches / Fresh Fruit Milk	16 Rotini Pasta Meat Sauce / Breadstick or Buckskin Bag #4 or Italian Salad / Goldfish / Breadstick Steamed Mixed Vegetables Spring Mix Salad w/ Ranch Peaches / Fresh Fruit Milk	17 Popcorn Chicken / Steamed Rice Eggroll / Orange Sauce or Italian Meat on WG or Italian Salad / Goldfish / Breadstick Steamed Broccoli Grape Tomatoes w/ Ranch Mixed Fruit / Fresh Fruit Milk	18 Pizza Stix w/ Sauce or Buckskin Bag #4 or Italian Salad / Goldfish / Breadstick Baked Beans Celery Stix w/ Ranch Apple Sauce / Fresh Fruit Milk
21 Chicken Patty on WG or Buckskin Bag #1 or Garden Salad / Cheez Its / Breadstick French Fries Shredded Lettuce & Tomato Peaches / Fresh Fruit Milk	22 Cheesy Pull-a-Parts or PBJ or Garden Salad / Cheez Its / WG Roll Tomato Soup / Goldfish Crackers Broccoli Florets w/ Ranch Mixed Fruit / Fresh Fruit Milk	23 Popcorn Chicken / WG Roll or Buckskin Bag #1 or Garden Salad / Cheez Its / WG Roll Mashed Potatoes w/ Gravy Baby Carrot w/ Ranch Peaches / Fresh Fruit Milk	24 Soft Shell Taco or PBJ or Garden Salad / Cheez Its / WG Roll Mexican Bean Salad Lettuce / Tomato / Cheese Apple Sauce / Fresh Fruit Milk	25 EARLY DISMISSAL French Bread Pizza or PBJ Steamed Carrots Celery Stix w/ Ranch Dole Fruit Jell-O Milk
28 Cheeseburger on WG Roll of Buckskin Bag #2 or Deli Salad / Sun Chips / Breadstick Smile Potatoes Shredded Lettuce & Tomato Peaches / Fresh Fruit Milk	29 Lasagna Roll up / Breadstick or Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick Steamed Broccoli Celery Stix w/ Ranch Mixed Fruit / Fresh Fruit Milk	30 Chicken Quesadilla w/ Churro Salsa & Sour Cream or Buckskin Bag #2 or Deli Salad / Sun Chips / Breadstick Refried Beans Grape Tomatoes w/ Ranch Cinnamon Apples / Fresh Fruit Milk	31 French Toast Stix / Sausage Links or Ham & Cheese on WG Roll or Deli Salad / Sun Chips / Breadstick Hash Browns Broccoli Florets w/ Ranch Pears / 100% Fruit Juice Milk	

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)

