



PAY FOR MEALS ONLINE  
 MySchoolBucks.com

# OCTOBER 2024

SGE/NSE/PES

\*Menus are subject to change\*

Adult Breakfast \$2.25 Adult Lunch \$4.25

## Monday

### \*Choice of Milk:

Low-fat, white, chocolate and nonfat strawberry (strawberry is when available)

**NO SCHOOL!** 7  
*National Pasta Day:*  
 10/17/24

## Tuesday

## Wednesday

## Thursday

## Friday

**Cheeseburger on WG Bun** 1  
 Baked Fries  
 Fresh Fruit  
 Alt: Protein Power Pack OR PBJ

**Chicken Nuggets w/WG Roll** 2  
 Broccoli  
 Sliced Apples  
 Assorted Fruit Choice  
 Alt: Chef Salad w/WG Roll OR PBJ

**Chicken Fajitas on WG Tortilla w/Fixings**  
 Black Beans  
 Fresh Fruit  
 Alt: Protein Power Pack OR PBJ

**WG Cheese Pizza** 4  
 Seasoned Carrots  
 Assorted Fruit Choice  
 Alt: Protein Power Pack OR PBJ

**WG French Toast Sticks w/Sausage** 8  
 Tater Tots  
 Fresh Fruit  
 Alt: Yogurt Munchable OR PBJ

**Corn Dog** 9  
 Baked Beans  
 Carrots  
 Assorted Fruit Choice  
 Alt: Salad w/Chicken strips w/WG Roll OR PBJ

**Chicken Patty Sandwich on WG Roll** 10  
 WG Snack & Fresh Veggies w/Hummus  
 Fresh Fruit  
 Alt: Yogurt Munchable OR PBJ

**Assorted WG Pizza** 11  
 Broccoli  
 Assorted Fruit Choice  
 Alt: Yogurt Munchable OR PBJ

**Mozzarella Cheese Sticks w/Tomato Sauce** 14  
 Steamed Carrots  
 Assorted Fruit Choice  
 Alt: Pizza Munchable OR PBJ

**Crispy Chicken Sandwich on WG Bread** 15  
 Assorted Veggies w/Hummus  
 Fresh Fruit  
 Alt: Pizza Munchable OR PBJ

**Hot Ham & Cheese on WG Pretzel Roll** 16  
 Sun Chips  
 Seasoned Green Beans  
 Sliced Apples  
 Assorted Fruit Choice  
 Alt: Crispy Chicken Salad w/WG Roll OR PBJ

**Chicken Alfredo w/WG Garlic Bread** 17  
 Broccoli  
 Fresh Fruit  
 Alt: Pizza Munchable OR PBJ

**WG Cheese Pizza** 18  
 Peas  
 Assorted Fruit Choice  
 Alt: Pizza Munchable OR PBJ

**Grilled Cheese Tomato Soup & crackers** 21  
 Assorted Fruit Choice  
 Alt: Chicken Patty Sandwich OR PBJ

**Cold Cut Sub w/Fixings** 22  
 Green Beans  
 WG Snack  
 Fresh Fruit  
 Alt: Chicken Patty Sandwich OR PBJ

**Boneless Wings w/WG Roll** 23  
 Baked Beans  
 Assorted Fruit Choice  
 Alt: Chef Salad w/WG Roll OR PBJ

**Chicken Pot Pie w/WG Funnel Cake** 24  
 Rocket Salad  
 Fresh Fruit  
 Alt: Chicken Patty Sandwich OR PBJ

**Assorted Pizza** 25  
 Broccoli  
 Assorted Fruit Choice  
 Alt: Chicken Patty Sandwich OR PBJ

**Cheesy WG Calzone** 28  
 Italian Mixed Veggies  
 Assorted Fruit Choice  
 Alt: Turkey & Cheese Sandwich OR PBJ

**Beef Tacos w/fixings** 29  
 Refried Beans  
 Fresh Fruit  
 Alt: Turkey & Cheese Sandwich OR PBJ

**Hot Dog on WG Bun** 30  
 Baked Fries  
 Carrots  
 Sliced Apples  
 Assorted Fruit Choice  
 Alt: Taco Salad w/WG Tortilla chips OR PBJ

**Johnnie Marzetti w/WG Roll** 31  
 Broccoli  
 Apple Crisp  
 Fresh Fruit  
 Alt: Turkey & Cheese Sandwich OR PBJ



### Nutrition Services Important Updates:

- \*Breakfast is free for all PA students for the 2024-25 SY
- \*Reduced-eligible students receive free lunches for the 2024-25 SY

Free & Reduced Meal Applications are available at [sgasd.org](http://sgasd.org) or at [www.compass.state.pa.us](http://www.compass.state.pa.us)  
 Our cafeterias need of substitutes. Apply at [sgasd.org](http://sgasd.org). Flexible hours typically between 7am-2:30pm; catering events in mornings and evenings hours vary