



PAY FOR MEALS ONLINE
MySchoolBucks.com

OCTOBER 2024

Spring Grove Area Middle School

Spring Grove Area School District

Students (K-4) Breakfast Free Student Lunch \$2.45

Students (5-12) Breakfast Free Student Lunch \$2.70

Reduced Breakfast Free

Reduced Lunch Free

Adult Breakfast \$2.25 Adult Lunch \$4.25

*Menus are subject to change

Monday

*Choice of Milk:

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

NO SCHOOL! 7

National Pasta Day:
10/17/24

Mozzarella Cheese Sticks w/Tomato Sauce 14
Steamed Carrots
Assorted Fruit Choice
Alt: Cheeseburger on Bun OR PBJ

Grilled Cheese w/Tomato Soup & Crackers 21
Carrots
Assorted Fruit Choice
Alt: Protein Pack OR PBJ

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

Tuesday

Cheeseburger on Bun 1
Baked Fries
Fresh Fruit
Alt: Yogurt Munchable OR PBJ

French Toast Sticks w/Sausage 8
Tater Tots
Fresh Fruit
Alt: Salad w/Grilled Chicken Strips OR PBJ

Crispy Chicken Sandwich 15
Assorted Veggies w/Hummus
Fresh Fruit
Alt: Cheeseburger on Bun OR PBJ

Meatball Sub 22
Baked Fries
Fresh Fruit
Alt: Protein Pack OR PBJ

Breakfast Sandwich 29
Tater Tots
Fresh Fruit
Alt: Turkey & Cheese Sandwich OR PBJ

Wednesday

Chicken Nuggets w/Roll 1
Broccoli
Sliced Apples
Assorted Fruit Choice
Alt: Yogurt Munchable OR PBJ

Corn Dog 9
Baked Beans
Coleslaw
Carrots
Assorted Fruit Choice
Alt: Salad w/Grilled Chicken Strips OR PBJ

BBQ Boneless Wings w/Cornbread 16
Baked Beans
Coleslaw
Sliced Apples
Assorted Fruit Choice
Alt: Cheeseburger on Bun OR PBJ

Hot Ham & Cheese on Pretzel Roll 23
Sun Chips
Baked Beans
Assorted Fruit Choice
Alt: Protein Pack OR PBJ

Hot Dog on Bun 30
Baked Beans
Carrots
Sun Chips
Sliced Apples
Assorted Fruit Choice
Alt: Turkey & Cheese Sandwich OR PBJ

Thursday

Chicken Fajitas w/Whole Wheat Tortilla 3
Black Beans
Corn
Fresh Fruit
Alt: Yogurt Munchable OR PBJ

Chicken Patty Sandwich 10
Corn
Sun Chips
Assorted Fruit Choice
Alt: Subway Sub OR PBJ

Chicken Alfredo w/Garlic Bread 17
Peas
Fresh Fruit
Alt: Cheeseburger on Bun OR PBJ

Chicken Pot Pie w/WG Funnel Cake 24
Rocket Salad
Fresh Fruit
Alt: Subway Sub OR PBJ

Fish Sticks w/Mac & Cheese 31
Green Beans
Apple Crisp
Fresh Fruit
Alt: Turkey & Cheese Sandwich OR PBJ

Friday

Cheese Pizza 4
Seasoned Carrots
Assorted Fruit Choice
Alt: Cook's Choice OR PBJ

Assorted Pizza 11
Garden Salad w/Dressing
Assorted Fruit Choice
Alt: Cook's Choice OR PBJ

Cheese Pizza 18
Broccoli
Assorted Fruit Choice
Alt: Cook's Choice OR PBJ

Assorted Pizza 25
Broccoli
Assorted Fruit Choice
Alt: Cook's Choice OR PBJ

Nutrition Services

Important Updates:

*Breakfast is free for all PA students for the 2024-2025 school year

*Reduced-Eligible students will receive free lunches for the 2024-2025 school year



Free & Reduced Meal Applications are available at sgasd.org or at www.compass.state.pa.us

Our cafeterias need of substitutes. Apply at sgasd.org. Flexible hours typically between 7am-2:30pm; catering events in mornings and evenings hours vary

Harvest of the Month: Apples

