



PAY FOR MEALS ONLINE
MySchoolBucks.com

OCTOBER 2024

Spring Grove Area High 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

*Menus are subject to change

Adult Breakfast \$2.25 Adult Lunch \$4.25

Monday

Tuesday

Wednesday

Thursday

Friday

***Choice of Milk:**
Low-fat, white, chocolate and nonfat strawberry (strawberry is when available)

NO SCHOOL! 7

National Pasta Day:
10/17/24

Cheeseburger on Bun 1

Baked Fries
Fresh Fruit

Chicken Nuggets w/Roll 2

Broccoli
Sliced Apples
Assorted Fruit Choice

Chicken Fajitas 3

Refried Beans
Corn
Fresh Fruit
Alt: Subway Sub

Cheese Pizza 4

Seasoned Carrots
Assorted Fruit Choice

Breakfast Sandwich 8

Tater Tots
Fresh Fruit

Corn Dog 9

Baked Beans
Coleslaw
Carrots
Assorted Fruit Choice

Chicken Patty Sandwich 10

Corn
Sun Chips
Fresh Fruit

Assorted Pizza 11

Garden Salad w/
Dressing
Assorted Fruit Choice

Mozzarella Cheese Sticks w/Tomato Sauce 14

Steamed Carrots
Assorted Fruit Choice

Crispy Chicken Sandwich 15

Assorted Veggies w/
Hummus
Fresh Fruit

Chicken Alfredo w/Garlic Bread 16

Peas
Fresh Fruit

BBQ Boneless Wings w/Macaroni & Cheese 17

Baked Beans
Coleslaw
Sliced Apples
Assorted Fruit Choice
Alt: Subway Sub

Cheese Pizza 18

Broccoli
Assorted Fruit Choice

Grilled Cheese w/Tomato Soup & Crackers 21

Carrots
Assorted Fruit Choice

Meatball Sub 22

Baked Fries
Fresh Fruit

Chicken Pot Pie w/WG 23

Funnel Cake
Rocket Salad
Fresh Fruit

Hot Ham & Cheese on Pretzel Roll 24

Sun Chips
Baked Beans
Assorted Fruit Choice
Alt: German Bratwurst on Roll

Assorted Pizza 25

Broccoli
Assorted Fruit Choice

Cheesy Calzone 28

Italian Mixed Veggies
Assorted Fruit Choice

French Toast Sticks w/Sausage 29

Tater Tots
Fresh Fruit

Hot Dog on Bun 30

Baked Beans
Carrots
Sun Chips
Sliced Apples
Assorted Fruit Choice

Fish Sticks w/Mac & Cheese 31

Green Beans
Apple Crisp
Fresh Fruit
Alt: Subway Sub

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

Alternate options available:

Cold Sandwich OR PBJ sandwich

Harvest of the Month: Apples

