



PAY FOR MEALS ONLINE
MySchoolBucks.com

OCTOBER 2024

Gluten Free Menu for SGASD

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

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

NO SCHOOL! 7

National Pasta Day: 10/17/24

Monday

Tuesday

Wednesday

Thursday

Friday

Cheeseburger on GF Bun
Baked Fries
Fresh Fruit
Alt: Yogurt Munchable w/GF Grahams

GF Chicken Nuggets w/GF Roll
Broccoli
Sliced Apples
Assorted Fruit Choice
Alt: Yogurt Munchable w/GF Grahams

GF Chicken Fajitas
Refried Beans
Corn
Fresh Fruit
Alt: Yogurt Munchable w/GF Grahams

GF Cheese Pizza
Seasoned Carrots
Assorted Fruit Choice
Alt: Yogurt Munchable w/GF Grahams

GF Waffles w/Sausage
Tater Tots
Fresh Fruit
Alt: GF Turkey & Cheese Sandwich

Hot Dog on GF Bun
Baked Beans
Coleslaw
Carrots
Fresh Fruit
Alt: GF Turkey & Cheese Sandwich

GF Chicken Nuggets w/GF Roll
Corn
Fresh Fruit
Alt: GF Turkey & Cheese Sandwich

GF Pizza
Garden Salad w/ GF Dressing
Assorted Fresh Choice
Alt: GF Turkey & Cheese Sandwich

GF Noodles w/Tomato Sauce & GF Roll
Steamed Carrots
Assorted Fresh Choice
Alt: Ham & Cheese on GF Bread

GF Chicken Nuggets w/GF Roll
Assorted Veggies w/ Hummus
Fresh Fruit
Alt: Ham & Cheese on GF Bread

GF Hot Ham & Cheese on GF Bread
Baked Beans
Coleslaw
Sliced Apples
Assorted Fresh Choice
Alt: Chef Salad w/GF Roll

GF Noodles w/Meat Sauce & GF Roll
Peas
Fresh Fruit
Alt: Ham & Cheese on GF Bread

GF Cheese Pizza
Broccoli
Assorted Fresh Choice
Alt: Ham & Cheese on GF Bread

GF Grilled Cheese w/ GF Tomato Soup & GF Graham Crackers
Carrots
Assorted Fresh Choice
Alt: Yogurt Munchable w/GR Grahams

GF Noodles w/Meat Sauce & GF Roll
Baked Fries
Fresh Fruit
Alt: Yogurt Munchable w/GR Grahams

GF Hot Ham & Cheese on GF Bread
GF Graham Crackers
Baked Beans
Assorted Fresh Choice
Alt: Yogurt Munchable

GF Chicken Nuggets w/GF Roll
Rocket Salad
Fresh Fruit
Alt: Yogurt Munchable w/GR Grahams

GF Pizza
Broccoli
Assorted Fresh Choice
Alt: Yogurt Munchable w/GR Grahams

GF Pizza
Italian Mixed Veggies
Assorted Fresh Choice
Alt: Turkey & Cheese on GF Bread

Breakfast Sandwich on GF Bread
Tater Tots
Fresh Fruit
Alt: Turkey & Cheese on GF Bread

Hot Dog on GF Bun
Baked Beans
Carrots
Sliced Apples
Assorted Fresh Choice
Alt: Turkey & Cheese on GF Bread

GF Cheeseburger on GF Bun
Green Beans
Sliced Apples
Fresh Fruit
Alt: Turkey & Cheese on GF Bread

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 on the [district website](http://www.compass.state.pa.us) or at www.compass.state.pa.us
Our cafeterias are always in need of substitutes please contact HR for further details to apply. (Hours can be flexible typically between 7am-2:30pm and catering events as well in mornings and evenings hours vary)

Harvest of the Month: Apples 