

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
2 NO SCHOOL	3 Cheeseburger on WG Roll or PBJ or No Salad Today	4 Lasagna Roll up / Breadstick or Buckskin Bag #2 Deli Salad / Sun Chips / Breadstick	5 French Toast Stix / Sausage Links or PBJ or Deli Salad / Sun Chips / Breadstick	6 Cheese Pizza or Buckskin Bag #2 or Deli Salad / Sun Chips / Breadstick
	Baked Beans Shredded Lettuce & Tomato Peaches / Fresh Fruit Milk	Steamed Broccoli Celery Stix w/ Ranch Mixed Fruit / Fresh Fruit Milk	Hash Browns Broccoli Florets w/ Ranch Pears / 100% Fruit Juice Milk	Steamed Carrots Cucumber w/ Ranch Apple Sauce / Fresh Fruit Milk
9 Pretzel Bun w/ Cheese or Buckskin Bag #3 Cobb Salad / Fritos / WG Roll Tomato Soup / Goldfish Crackers Celery Stix w/ Ranch Peaches / Fresh Fruit Milk	10 HOLIDAY DINNER Turkey w/ Gravy / WG Roll Mashed Potatoes / Stuffing or Ham & Cheese on WG Roll or Cobb Salad / Fritos / WG Roll Steamed Corn Baby Carrots / Ranch Mixed Fruit / Fresh Fruit Milk	11 Cheese Crunchers w/ Dipping Sauce & Sun chips or Buckskin Bag #3 or Cobb Salad Steamed Peas Grape Tomatoes w/ Ranch Pears / Fresh Fruit Milk	12 Walking Taco or Ham & Cheese on WG Roll or Cobb Salad / Fritos / WG Roll Mexican Bean Salad Lettuce / Tomato / Cheese Apple Slices / Fresh Fruit Milk	13 Pizza Stix w/ Sauce or Buckskin Bag #3 or Cobb Salad / Fritos / WG Roll Steamed Broccoli Cauliflower w/ Ranch Dole Fruit Jell-O / Fresh Fruit Milk
16 Popcorn Chicken / Fried Rice Eggroll w/ Orange Sauce or Buckskin Bag #4 or Italian Salad / Goldfish / Breadstick Steamed Broccoli Cucumber w/ Ranch Pears / Fresh Fruit Milk	17 Egg Omelet / Sausage Links / Biscuit or PBJ or Italian Salad / Goldfish / Breadstick Parsley Potatoes Celery w/ Ranch Cinnamon Apples / 100% Fruit Juice Milk	18 Rotini Pasta Meat Sauce / Breadstick or Buckskin Bag #4 or Italian Salad / Goldfish / Breadstick Steamed Mixed Vegetables Broccoli Florets w/ Ranch Peaches / Fresh Fruit Milk	19 Jumbo Hotdog / Mac & Cheese or PBJ or Italian Salad / Goldfish / Breadstick Baked Beans / Sauerkraut Grape Tomatoes w/ Ranch Mixed Fruit / Fresh Fruit Milk	20 Early Dismissal French Bread Pizza or PBJ Baby Carrots Apple Slices Milk
NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL			

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)