

JUNE 2025

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com

LUNCH

Gloucester County Institute of Technology

Monday

Hamburger / Hot Dog on a **2**
WG Bun
Sweet Potato Wedges
Mixed Vegetables
Fresh Fruit/ dried Fruit/ Cupped
Fruit

Hamburger / Hot Dog on a **9**
WG Bun
Sweet Potato Wedges
Mixed Vegetables
Fresh Fruit/ dried Fruit/ Cupped
Fruit

16
12:15 dismissal
No lunch Served

Tuesday

Turkey Taco Nachos **3**
Black Beans, Cheddar Cheese
& Salsa over Tortilla Chips
Corn Bread Loaf
Fresh fruit/ Dried Fruit/ Cupped
Fruit

Turkey Taco Nachos **10**
Black Beans, Cheddar Cheese
& Salsa over Tortilla Chips
Corn Bread Loaf
Fresh fruit/ Dried Fruit/ Cupped
Fruit

17
12:15 dismissal
No lunch Served

Wednesday

General Tso's Chicken **4**
Over Brown Rice
Steamed Broccoli
& Fresh Carrots
WG Dinner Roll
Fresh fruit/ Dried Fruit/ Cupped

General Tso's Chicken **11**
Over Brown Rice
Steamed Broccoli
& Fresh Carrots
WG Dinner Roll
Fresh fruit/ Dried Fruit/ Cupped

18
12:15 dismissal
No lunch Served

Thursday

Popcorn Chicken Bowl **5**
Mashed Potatoes with Gravy
Corn
Mini Pretzel Goldfish
Fresh fruit/ Canned fruit/ Cupped
Fruit

Popcorn Chicken Bowl **12**
Mashed Potatoes with Gravy
Corn
Mini Pretzel Goldfish
Fresh fruit/ Canned fruit/ Cupped
Fruit

19
12:15 dismissal
No lunch Served

Friday

BBQ chicken **6**
Macaroni & cheese
WG Biscuit
Green Peas & Side Salad
Fresh fruit/ Dried Fruit/ Cupped
Fruit

BBQ chicken **13**
Macaroni & cheese
WG Biscuit
Green Peas & Side Salad
Fresh fruit/ Dried Fruit/ Cupped
Fruit

20
12:15 dismissal
No lunch Served

23

24

25

26

27

30



Students may pay online at the website above or in the cafeteria with a check or cash.

According to the USDA guidelines for School Lunch a lunch must include a Full Cup of Vegetables, either fresh or frozen, Dried or Canned. Juice may be offered but no more than 1/2c. serving towards the full cup serving. 2 oz of meal/ meat alternate with 2 oz whole grain rich bread, pasta or rice and 8oz of milk . Available alternates daily: Pizza, Cheesy breadsticks, Sandwiches, yogurt parfaits, Salads and deli Sandwiches. Milk Variety available: Fat free Chocolate, Fat free White, 1% white milk.