



SCHUYLKILL VALLEY HIGH SCHOOL

SEPTEMBER 2026



Every meal consists of servings from the following 5 meal components:



Meat/
Meat Alternate



Whole
Grains



Vegetable



Fruit



Milk

- Students **MUST** select a **MINIMUM** of 3 meal components offered and **1 MUST** be a fruit or vegetable
- A selection of white and flavored 1% Milk is offered daily

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- A. General Tso's Chicken over Rice
- B. Cherry Blossom Chicken over Rice
- Steamed Broccoli
- Baby Carrots w/ Ranch
- Fruit choice of the day



2

- A. Hot Ham & Cheese on Pretzel bun
- B. Grilled Cheese
- Tomato Soup
- Celery Sticks w/ Ranch
- Fruit choice of the day



3

- A. Cheesesteak w/ Sautéed Onions
- B. Pizza Cruncher (3)
- Onion Rings, Baked Beans
- Garden Side Salad
- Fruit choice of the day



4

**SCHOOL IS
CLOSED**



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7

- A. Teriyaki Chicken Dumplings Over Rice
- B. Chicken Egg Roll w/ Fried Rice
- Sautéed Stir Fry Vegetable
- Baby Carrots w/ Ranch
- Fruit choice of the day



9

- A. Chicken Nuggets w/ Dinner Roll
- B. Spicy Chicken Patty
- Roast Maple Glazed Sweet Potatoes
- Garden Side Salad
- Fruit choice of the day



10

Mexican Fiesta Day

- A. Beef or Chicken Taco
- Mexican Beans, Spanish Rice
- Buttered Corn
- Fruit choice of the day



11

- A. Chicken Alfredo Pasta w/ Garlic Stick
- B. Mozzarella Sticks
- Garden Side Salad
- Veggie Cup w/ Ranch
- Fruit choice of the day



14

- A. Popcorn Chicken Bowl
- B. Stomboli
- Dinner Roll, Buttered Corn
- Mashed Potato, Gravy
- Garden Side Salad
- Fruit choice of the day



15

- A. General Tso's Chicken over Rice
- B. Beef Fiesta Pizza
- Steamed Broccoli
- Baby Carrots w/ Ranch
- Fruit choice of the day



16

**EARLY
DISMISSAL**



17

- A. Baked Potato Bar
- Taco, Pulled BBQ Pork, Bacon
- Cheese Sauce, Sour Cream
- Steamed Broccoli
- Fruit choice of the day



18

National Cheeseburger Day

- A. Cheeseburger on GW roll
- B. Crispy Fish Fillet Sandwich
- Lettuce, Tomato, Onion, Pickles
- Broccoli Salad, Baked Beans
- Fruit choice of the day



21

- A. Chicken Parm Sandwich
- B. Meatball Parm
- Glazed Carrots
- Garden Side Salad
- Fruit Choice of the day



22

- A. **Personal Pizza Day**
- Buttered Peas
- Garden Side Salad
- Fruit choice of the day



23

- A. Lasagna Roll up w/ Garlic Knot
- B. Cheese Tortellini w/ Garlic Knot
- Buttered Green Beans
- Garden Side Salad
- Fruit choice of the day



24

- A. Chicken Nuggets w/ Dinner Roll
- B. Shrimp Poppers w/ Dinner Roll
- Seasoned Potato wedges
- Celery Sticks w/ Ranch
- Fruit choice of the day



25

National Quesadilla Day

- A. Chicken & Cheese Quesadilla
- B. Cheese Pizza
- Buttered Corn
- Fruit choice of the day



28

- A. Loaded Taco Fries
- B. Pizza
- Black Beans
- Corn
- Fruit Choice of the day



29

- A. Orange Chicken over Fried Rice
- B. Chicken Egg Roll w/ Fried Rice
- Sautéed Stir Fry Vegetable
- Baby Carrots w/ Ranch
- Fruit choice of the day



30

- A. Cheeseburger on GW roll
- B. Pizza Bread Stick
- Lettuce, Tomato, Onion, Pickles
- Broccoli Salad, Seasoned Carrots
- Fruit choice of the day



Menu is subject to change

This institution is an
equal opportunity provider.



Additional Entrée Items Offered:

- Pizza
- Subs & Wraps
- PB&J



Entrée Salads

- Chef Salad
- Chicken Caesar Salad



MEAL PRICES

Breakfast – **Free** for ALL Students
Paid Lunch Cost – **\$3.10**



WE ARE NOW OFFERING **WHITE** AND **CHOCOLATE** LACTAID MILK



Interested in becoming a **Substitute for Food Service?**
Call Louisa Trumbore at 610-916-5726

