



SCHUYLKILL VALLEY HIGH SCHOOL



SEPTEMBER 2026



Every meal consists of servings from the following 5 meal components: Meat/Meat Alternate, Whole Grain, Vegetable, Fruit, and 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 B. Cheesy Bosco & Grilled Cheese - Tomato Soup - Celery Sticks w/ Ranch - Fruit choice of the day 	3 A. Cheesesteak w/ Sautee Onions B. Pizza Cruncher (7") - Onion Rings, Baked Beans - Garden Side Salad - Fruit choice of the day 	4 SCHOOL IS CLOSED 
7 SCHOOL IS CLOSED 	8 A. Subway Sandwiches B. Big Daddy Pizza - Baby Carrots w/ Ranch - Mashed Vegetables - Fruit choice of the day 	9 A. Chicken Nuggets w/ Dinner Roll B. Spicy Chicken Patty - Roasted Mixed Green - Sweet Potatoes - Garden Side Salad - Fruit choice of the day 	10 <i>Mexican Fiesta Day</i> A. Beef or Chicken Taco - Mexican Beans, Spanish Rice - Shredded 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. Stromboli - Oven Roasted Corn - Mashed Potatoes, 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 <i>National Cheeseburger Day</i> A. Cheeseburger on GW roll B. Crispy Fish Filet 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 Potatoes - Celery Sticks w/ Ranch - Fruit choice of the day 	25 <i>National Quesadilla Day</i> 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 Rice B. Chicken Egg Roll Fried Rice - Steamed 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 		
 <i>Menu is subject to change</i>	This institution is an equal opportunity provider. 	ADDITIONAL ENTRÉE ITEMS OFFERED: PB&J We are now offering White and Chocolate Lactaid Milk Interested in becoming a Substitute for Food Service? Call Louie Tambone at 610-916-3736  	ENTRÉE SALADS SUBS & WRAPS YOGURT PARFAITS 	MEAL PRICES  Breakfast – Free for ALL Students  Paid Lunch Cost – \$3.10