



SCHUYLKILL VALLEY MIDDLE SCHOOL

Oct-26



TRICK
OR
TREAT!

Every meal consists of servings from the following 5 meal components: Meat/Meat Alternate, Whole Grains, 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



- 5** Buffalo Chicken Dip
w/ Tortilla Chips
Peas
Fresh Veggie
Fruit

12 **SCHOOL IS
CLOSED**

- 19** Chicken Dumplings
Veggie Stir Fry
Celery Sticks
Fresh Fruit

- 26** Meatballs over Noodles
w/ Dinner Roll
Steamed Broccoli
Fresh Veggies
Fruit

TUESDAY

- 6** Walking Taco
w/ All the Toppings
Fiesta Beans
Street Corn
Fruit

- 13** Rotini with Meatsauce
Garlic Bread
Green Beans
Side Salad
Fruit

- 20** **National
Chicken n' Waffle Day**
w/ Syrup
Green Beans
Fresh Veggie
Fruit

- 27** French Toast Sticks
w/ Syrup
Sausage Links
Baked Cinnamon Apples
Fresh Veggies and Fruit

WEDNESDAY



- 7** Orange Chicken
w/ Brown Rice
Broccoli
Baby Carrots
Fruit

- 14** Popcorn Chicken
w/ Dinner Roll
Buttered Noodles
Seasoned Corn
Fresh Veggie
Fruit

- 21** Walking Tacos
w/ All the Toppings
Refried Beans
Corn
Fruit

- 28** Chicken Drumsticks
w/ Corn Bread
Seasoned Black Beans
Fresh Veggie and Fruit
Chocolate Pudding Parfait

THURSDAY

- 1** Meatballs w/ Garlic Knots
Corn
Side Salads
Fresh Veggie
Fruit

- 8** Pierogi Mac and Cheese
Seasoned Broccoli
Side Salads
Fresh Veggie
Fruit

- 15** Assorted Pizza Day
Buttered Noodles
Seasoned Corn
Fresh Veggie
Fruit

- 22** Meatball Parn Hoagie
Seasoned Broccoli
Side Salads
Fresh Veggie
Fruit

- 29** Mozzarella Cheese Sticks
w/ Marinara Sauce
Glazed Carrots
Fresh Veggie
Fruit

FRIDAY

- 2** Cheeseburger
Lettuce and Tomato
Smile Fries
California Blend
Fruit

- 9** Cheesy Scrambled Eggs
w/ Biscuit
Hash Brown
Sausage
Baked Apples

- 16** Chicken Wings w/ Biscuit
Side Salads
Buttered Broccoli
Curly Fries
Glazed Carrots
Baked Beans
Fruit

- 23** Toasted Cheese Sammich
Tomato Soup
Seasoned Carrots
Fresh Veggies
Fruit

- 30** Shrimp Poppers
w/ Dinner Roll
French Fries
Green Beans
Fresh Veggies
Fruit

Additional Entrée Items Offered:

Menu is subject to change

This institution is an
equal opportunity provider.

Entrée Salads



Pizza



Subs & Wraps



PB&J



Yogurt Parfaits

MEAL PRICES

Breakfast - Free for **ALL** Students

Paid Lunch Cost - \$3.10

Now offering white and chocolate Lactaid milk.

Interested in substituting in food Service? Contact Louisa Trumbore at 610-916-5726

