



Schuylkill Valley High School

October 2026

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

NOW FEATURING
White & Chocolate
Lactaid Milk
Offered Daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 A. Double Dog Day B. Cheese Pizza Buttery Green Beans BBQ Baked Beans Fruit choice of the day	2 A. Regular Chicken Patty B. Spicy Chicken Patty Buttered Peas Garden Side Salad Fruit choice of the day
5 Brunch for Lunch Day French Toast Sticks Or Breakfast Sandwich Sausage Hashbrown, warm Apples Fruit choice of the day	6 A. General Tso's Chicken over Rice B. Pizza Bread Stick Steamed Broccoli Baby Carrots w/ Ranch Fruit choice of the day	7 A. Hot Ham & Cheese on Pretzel bun B. Grilled Cheese Tomato Soup Celery Sticks w/ Ranch Fruit choice of the day	8 National Pierogi Day A. Loaded Pierogi Day Cheese Sauce, Sautee Onions, Bacon B. Cheesesteak w/ Sautee Onions Baked Beans, Steamed Broccoli Fruit choice of the day	9 A. Creamy Mac & Cheese w/ Garlic Stick B. Buffalo Chicken Patty Steamed Cauliflower Fresh Red & Green Pepper Strips Fruit choice of the day
12 SCHOOL IS CLOSED	13 A. Cherry Blossom Chicken over Rice B. French Bread Pizza Sauteed Stir Fry Vegetable Baby Carrots w/ Ranch Fruit choice of the day	14 A. Chicken Nuggets w/ Dinner Roll B. Stromboli Sweet Potatoe Fries Garden Side Salad Fruit choice of the day	15 A. Mexican Fiesta Day B. Beef or Chicken Taco Mexican Beans, Spanish Rice Buttered Corn Fruit choice of the day	16 A. Chicken Alfredo Pasta w/ Garlic Stick B. Mozzarella Sticks Garden Side Salad Veggie Cup w/ Ranch Fruit choice of the day
19 A. Popcorn Chicken Bowl B. Stromboli Dinner Roll, Buttered Corn Mashed Potato, Gravy Garden Side Salad	20 National Chicken n' Waffle Day A. Chicken n Waffle B. Pizza Crunchers Steamed Broccoli Baby Carrots w/ Ranch Fruit choice of the day	21 A. Chicken Tenders w/ Pretzel B. BBQ Chicken Sandwich Oven Baked Smile fries, Baked Beans Garden Side Salad Fruit choice of the day	22 A. Baked Potato Bar Taco, Pulled BBQ Pork, Bacon Cheese Sauce, Sour Cream Steamed Broccoli Fruit choice of the day	23 A. Chicken Parm Sandwich B. Meatball Parm Glazed Carrots Garden Side Salad Fruit choice of the day
26 A. General Tso's Chicken over Rice B. French Bread Pizza Steamed Broccoli Baby Carrots w/ Ranch Fruit choice of the day	27 A. Personal Pizza Day Buttered Peas Garden Side Salad Fruit choice of the day	28 A. Lasagna Roll up w/ Garlic Knot B. Cheese Tortellini w/ Garlic Knot Buttered Green Beans Garden Side Salad Fruit choice of the day	29 A. Chicken Nuggets w/ Dinner Roll B. Shrimp Poppers w/ Dinner Roll Seasoned Potato wedges Celery Sticks w/ Ranch Fruit choice of the day	30 A. Chicken & Cheese Quesadilla B. Cheese Pizza Buttered Corn Garden Side Salad Fruit choice of the day

Menu is subject to change

This Institution is an equal opportunity provider.

Additional Entrée Items Offered:

Pizza
PB&J

Entrée Salads
Subs & Wraps
Yogurt Parfaits

MEAL PRICES

Breakfast - Free for ALL Students
Paid Lunch Cost - \$3.10