

OCTOBER

Lunch Price:
\$3.45



Seasonal Special:
Apple Cinnamon
Parfait
&
Kale & Apple
Harvest Salad

Please be prepared at the register with
your student ID number

Available Daily

Cereal Grab & Go

(Cereal, String Cheese, Yogurt,
Goldfish, Fruit, Veggie, Milk)

Sun Butter & Jelly Sandwich

(Sandwich, String Cheese, Yogurt,
Goldfish, Fruit, Veggie, Milk)

PA Harvest of the Month Apples

PA produces 400 to 500 million pounds of apples per
year and ranks fourth in the nation for apple
production. About 1/3 of PA's apple crop is sold fresh.
The remainder is sold for processing to make products
such as apple cider, applesauce, apple juice, and
more!

For more information, menus, payment
options, low balance alerts, and applications
for free/reduced meals please visit
SchoolCafe.com or scan the QR code below



SCAN ME

Any further questions can be directed to
Sadiah Sultana at ssultana@gvgsd.org

**A la Carte
Snacks and
Drinks Available
for Purchase
Daily**


**= Vegetarian/
Ask for it
Vegetarian**

Every student can select one *main entree and their choice of 2 fruits and 2 vegetables daily. 1% White Milk, Whole Milk, and Fat Free Flavored Milk are also offered with each meal.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Mac n Cheese
Broccoli
Grapes
Milk**



5

**Cheesy Breadsticks
w/ Tomato Soup
Assorted Fruits
Milk**



6

**Patriot Bowl
Mashed Potatoes
Club Roll
Orange Smiles
Milk**

7

**Mini Chicken
Corndogs
Sweet Tater Tots
Carrots w/ Ranch
Fruit & Milk**

1



2

**Pizza Party
Celery & Carrots
Fruit
Milk**

Early Dismissal

9

**Poffitz Pancake
Bites
Maple Yogurt
Potato Cakes
Apple Slices
Milk**



12

**Walking Taco
Turkey w/ Pinto Beans
Lettuce, Tomatoes, &
Salsa
Melon
Milk**

13

**Chicken Parmesan
Sub
Wholegrain Club
Green Beans
Fruit Cup
Milk**

14

**Vegetarian Egg Rolls
Asian Rainbow Slaw
Mandarin Orange
Cup
Milk**



15

**Pizza Party
Broccoli & Carrots
Fruit
Milk**



16

**Falafel Platter
Pita Chips
Hummus
Shirazi Salad
Strawberries
Milk**



19

**Chicken Quesadilla
w/ Salsa & Sour
Cream
Pinto Beans
Carrots w/ Ranch
Orange
Milk**

20

**Meatloaf Bites
Mashed Potatoes
w/ Gravy
WW Dinner Roll
Apple
Milk**

21

**Cheese Omelette w/
Cinnamon Roll
Hash Brown
Sliced Green Bell
Peppers
Assorted Berries
Milk**



22

**Pizza Party
Broccoli & Carrots
w/ Ranch
Fruit
Milk**



23

**Veggie Chilli w/
Cornbread
Grapes
Milk**



26

**BBQ Sloppy Joe on
Wheat Roll
Potato Smiles
Carrots w/ Ranch
Apples
Milk**

27

**Chicken Alfredo w/
Broccoli & Penne
Pasta
Cantaloupe Cubes
Milk**

28

**Grilled Cheese
Sandwich
Cucumber & Celery
w/ Ranch
Fruit
Milk**



29

**Pizza Party
Carrots &
Cauliflower
Fruit
Milk**



30