

OCTOBER

Lunch Price:
\$3.70-\$3.95



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

Yogurt Parfait

Assorted Grill Items

Assorted Salads and Deli Sandwiches/Wraps

Pizza

Available: Monday, Wednesday &
Friday

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!



Look out this
month for apples
& apple cider
sourced from
Frecon Farm in
Boyertown, PA

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
Sadia Sultana at ssultana@gvdsd.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

Lasagna Rolls
Roasted Zucchini
Garlic Knot
Fruit
Milk



5

Chicken Eggrolls
Sweet Chili Sauce
Vegetable Fried
Rice
Broccoli
Fruit & Milk

6

Burrito Bowl with
Chesse, Lettuce, &
Salsa
Fiesta Black Beans
Seasoned Corn
Fruit & Milk



7

Garlic Sesame
Popcorn Chicken
Noodles with
Broccoli & Edamame
Fortune Cookie
Fruit & Milk



8

3 Cheese
Cavatappi Pasta
Breadstick
Caesar Salad
Fruit & Milk



2

Early Dismissal

9

Stuffed Breadsticks
with Marinara
Veggies w/ Ranch
Fruit
Milk



12

Beefaroni w/ Cheese
Green Peas
Fruit
Milk

13

BBQ Teriyaki
Chicken
Brown Rice
Stir Fried Veggies
Fruit & Milk

14

Tater Tot Tacos w/
Turkey & Cheese
Churro
Seasoned Corn
Black Beans
Fruit & Milk

15

Mini Chicken
Corndogs
Tater Smiles
Veggies w/ Ranch
Fruit & Milk

16

Cheese Ravioli w/
Marinara Sauce
Veggies w/ Ranch
Fruit & Milk



19

Cheesesteak
Peppers & Onions
French Fries
Fruit
Milk

20

Hashbrown Stuffed
w/ Egg & Cheese
Turkey Sausage
Yogurt
Fruit & Milk

21

Orange Ginger
Chicken Bites
Brown Rice
Fruit
Milk

22

Chicken Noodle
Soup
Cheese Toast
Tossed Salad
Fruit & Milk

23

Stuffed Shells
Garlic Bread
Caesar Side Salad
Fruit
Milk



26

Crispy Chicken
Sandwich w/
Lettuce, Tomato &
Pickle
Sweet Tots
Fruit & Milk

27

Chicken Alfredo
with Pasta
Broccoli
Slde Salad
Fruit & Milk

28

Fried Potato with
Cheese & Egg
Scramble
Turkey Sausage
Fruit & Milk

29

Nacho Bar with Beef
& Cheese
Lettuce, Salsa &
Sour Cream
Fiesta Black Beans
Fruit & Milk

30

5/6 CENTER LUNCH MENU

This institution is an equal opportunity
provider. Menus are subject to change.