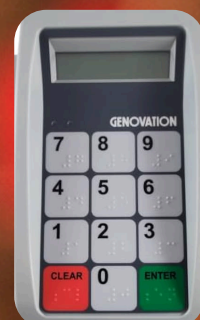


OCTOBER

Lunch Price:
\$3.70-\$3.95

Please be prepared at the register with
your student ID number



Available Daily

Pizza

Assorted Grill Items

Assorted Salads and Deli
Sandwiches/Wraps

Yogurt Parfait

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



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
Sadia 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

**Pancakes w/ Syrup
Turkey Sausage
Hash Brown
Fruit
Milk**

5

**Spagetti w/ meat
Sauce
Garlic Knot
Side Caesar Salad
Fruit & Milk**

6

**Quesadilla
(Chicken/Cheese) w/
salsa & Sour Cream
Seasoned Corn
Fiesta Black Beans
Fruit & Milk**

7

**Crispy Ravioli w/
Marinara
Side Salad
Bread Stick
Fruit & Milk**

8

**Hot Honey Chicken
Sandwich on Biscuit
Sweet Fries
Side Salad
Fruit & Milk**

2

Early Dismissal

9

**Lasagna Rolls
Garlic Toast
Side Salad
Fruit
Milk**

12

**BBQ Teriyaki
Chicken
Brown Rice
Broccoli
Fruit & Milk**

13

**Sloppy Joe
Sandwich
Tater Tots
Green Beans
Fruit & Milk**

14

**Chicken Egg Rolls
w/ sweet Chilli
Sauce
Vegetable Fried
Rice
Fruit & Milk**

15

**Mac n Cheese
WW Dinner Toll
Carrots & Cucumbers
w/ Ranch
Fruit & Milk**

16

**Vegetarian Chili w/
Cheese & Sour
Cream
Tortilla Chips
Fruit & Milk**

19

**Butter Chicken
Basmati Rice
Steamed
Cauliflower
Fruit & Milk**

20

**Chicken Parm w/
Pasta Marinara
Broccoli
Fruit
Milk**

21

**French Toast
Sticks w/ Syrup
Turkey Sausage
Hash Brown
Fruit & Milk**

22

**Patty Melt on
Multigrain Bread
Onion Rings
Side Salad
Fruit & Milk**

23

**Tortellini Alfredo
Grilled Chicken
Strips
Broccoli
Fruit & Milk**

26

**General Tso's
Popcorn Chicken
Brown Rice w/
Edamame
Broccoli
Fruit & Milk**

27

**Pittsburgh Style
Cheesesteak w/
Fries
Side Salad
Fruit & Milk**

28

**Burrito Bowl w/
Chicken Tinga
Rice & Pinto Beans
Peppers & Onions
Fruit & Milk**

29

**Pulled Pork BBQ
Mac n Cheese
Fries
Coleslaw
Fruit & Milk**

30

GV MIDDLE SCHOOL LUNCH MENU

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