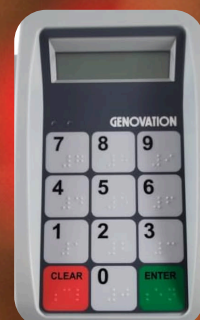


OCTOBER

Lunch Price:
\$3.95-\$4.20

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

French Toast Sticks
Turkey Sausage
Home fries
Fruit & Milk

5

Baked Potato Bar
with Toppings
Mixed Green Salad
Fruit & Milk



6

Pasta with
Bolognese Sauce
Garlic Bread
Green Beans
Fruit& Milk



7

Chicken Tikka
Masala
Basmati Rice
Cauliflower
Fruit& Milk

8

Chicken Drumsticks
Mashed Potatoes
Gravy
Green Beans
Fruit
Milk

2

Early Dismissal

9

Chicken gyro with
Tzatziki Sauce
Waffle Fries
Greek Salad
Fruit & Milk

12

Sloppy Joe
Tater Tots
Steamed Broccoli
Fruit
Milk

13

General Tso's
Popcorn Chicken
Veggie Fried Rice
Bok Choy
Fruit
Milk

14

Pasta Bake with
Three Cheese
Italian Roast
Veggies
Fruit
Milk



15

Homestyle Mac n'
Cheese
Green Beans
Fruit
Milk



16

Hot Honey Chicken
Sandwich w/ Lettuce,
Tomato & Pickles
Fries
Slaw
Fruit & Milk

19

Chicken Alfredo
Over Pasta
Broccoli
Side Salad
Fruit
Milk

20

Nacho Bar w/ Beef
and fixings
Vegetables
Fruit
Milk

21

Noodle Bowl w/
Tofu and veggies
Fruit
Milk



22

Buffalo or Garlic
Parm Wings
Celery w/ Ranch
Steak Fries
Garden Salad
Fruit & Milk

23

Chicken Fajitas w/
Peppers & Onions
Street Corn
Fruit
Milk

26

Korean Fire Chicken
Brown Rice
Stir Fried Veggies
Fruit
Milk

27

Lasagna Rolls with
Marinara
Garlic Bread Stick
Caesar Salad
Fruit
Milk



28

Bibimbap Bowl with
Beef and Veggies
Brown Rice
Fruit
Milk

29

Nigerian Chicken
w/Atta DinDIn
Sauce
Jollof Rice
Zucchini
Fruit & Milk

30

GV HIGH SCHOOL LUNCH MENU

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