November

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

PA Harvest of the Month

Winter Squash



"Squash" comes from the Native American word askutasquash which means "eaten raw or uncooked" Squashes are one of the oldest known crops - 10,000 years by some estimates. An average pumpkin weighs 10-20 pounds, the Atlantic Giant variety can weigh 400-600 pounds

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

schoolcafé

SCAN ME

Any further questions can be directed to Sadia Sultana at ssultana@gvsd.org

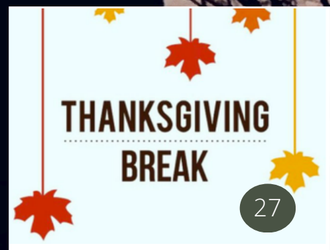
A la Carte Snacks and Drinks Available for Purchase Daily

= Vegetarian/ Ask for it Vegetarian

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

GV MIDDLE SCHOOL LUNCH MENU

*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
Pittsburgh Cheesesteak Broccoli & Cheese Sauce Topping Bar Fruit & Milk 2	 3	*Pasta Bar Broccoli Roasted Italian Veggies Fruit & Milk* 4	*Beef & Cheese Nachos Churro Roasted Corn Fruit & Milk* 5	*Honey BBQ Wings w/ Breadstick Celery & Carrots w/ Ranch Fruit & Milk* 6
Mozzarella Stuffed Breadstick w/ Sauce Cucumber & Tomato Salad Fruit & Milk 9	*Chicken or Veggie Lo Mein Edamame Fortune Cookie Fruit Milk* 10	*Tomato Bisque Soup Grilled Cheese Sandwich Tossed Salad Fruit & Milk* 11	*Turkey w/ Gravy Green Beans Stuffing Cornbread / Club Roll Mashed/Sweet Potatoes Special Dessert Fruit & Milk* 12	*Turkey Taco w/ Lettuce, Salsa & Cheese Pinto Beans Fruit & Milk* 13
Pancakes w/ Syrup Turkey Sausage Hash Brown Fruit Milk 16	*Spagetti w/ meat Sauce Garlic Knot Side Caesar Salad Fruit & Milk* 17	*Quesadilla (Chicken/Cheese) w/ salsa & Sour Cream Seasoned Corn Fiesta Black Beans Fruit & Milk* 18	*Crispy Ravioli w/ Marinara Side Salad Bread Stick Fruit & Milk* 19	*Buffalo Wings Steak Fries Celery & Carrots w/ Ranch Fruit & Milk* 20
 23	 24	 25	 26	 27
Vegetarian Chili w/ Cheese & Sour Cream Tortilla Chips Fruit & Milk 30		*Look out for Our "Thanksgiving Special" Meal on November 12th!*		