November

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: Pumpkin Pie Overnight Oats



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 HIGH 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
Cuban Sandwich w/ Pork, Cheese, and Pickles Plaintains Fruit & Milk 2	 3	Beef or Chicken Cheesesteak Peppers,Onions, & Mushrooms Fries Fruit & Milk 4	Chicken/ Cheese Quesadilla Fresh Pico De Gallo Pinto Beans Spanish Rice Fruit & Milk 5	Fish Stick Po'Boy Sandwich Coleslaw Seasoned Fries Fruit & Milk 6
BBQ or Sweet Chili Wings Cornbread Carrots w/ Ranch Fruit Milk 9	Taco Tuesday with Beef Roasted Corn & Peppers Black Beans Fruit/Milk 10	Buffalo Chicken Grinder Tater Tots Green Salad Fruit Milk 11	Turkey w/ Gravy Green Beans Stuffing Cornbread / Club Roll Mashed/Sweet Potatoes Special Dessert Fruit & Milk 12	Birria Tacos with Consomme Plaintains Corn Fruit Milk 13
French Toast Sticks Turkey Sausage Home fries Fruit & Milk 16	Baked Potato Bar with Toppings Mixed Green Salad Fruit & Milk 17	Butternut Squash Baked Pasta Garlic Bread Roasted Veggies Fruit& Milk 18	Chicken Tikka Masala Basmati Rice Cauliflower Fruit& Milk 19	Tomato Bisque Soup Grilled Cheese Sandwich Tossed Salad Fruit & Milk 20
 23	 24	 25	 26	 27
Hot Honey Chicken Sandwich w/ Lettuce, Tomato & Pickles Fries Slaw Fruit & Milk 30		Look out for Our "Thanksgiving Special" Meal on November 12th!		