

Prices 2023-2024
Student Lunch \$2.90
Adult Lunch \$4.80
Reduced Lunch FREE

ALA CARTE MILK \$.70

AUGUST

GHMS LUNCH 2023

Prepared by CVSD (717)556-002

BUCKSKIN BAG
 #1 WG Sun chips, Diced Turkey, Mini Loaf, Sunflower Seeds
 #2 WG Mini Pretzels, String Cheese, Peanut Butter, Grahams
 #3 WG Tostitos, Cheese Cubes, Sunflower Seeds, Cornbread
 #4 Grahams, Yogurt, Turkey Stick, Mini Muffin

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 Pepperoni or Beef & Cheddar Hot Pocket or Buckskin Bag #1 or Garden Salad / Cheez Its / WG Roll Baked Beans Grape Tomatoes w/ Ranch Peaches / Fresh Fruit Milk	24 Walking Taco or PBJ or Garden Salad / Cheez Its / WG Roll Steamed Corn Lettuce / Tomato / Cheese Pears / Fresh Fruit Milk	25 Cheese Pizza or Buckskin Bag#1 or Garden Salad / Cheez Its / WG Roll Steamed Carrots Spring Mix Salad w/ Ranch Dole Fruit Jell Cup / Fresh Fruit Milk
28 Cheese Crunchers / Snack Bag Dipping Sauce or Buckskin Bag #2 or Italian Salad / Breadstick / Goldfish Steamed Peas Celery w/ Ranch Mixed Fruit / Fresh Fruit Milk	29 Popcorn Chicken w/ Eggroll Steamed Rice / Orange Sauce or Ham & Cheese on WG or Italian Salad / Breadstick / Goldfish Steamed Broccoli Grape Tomatoes w/ Ranch Peaches / Fresh Fruit Milk	30 Pretzel Bun w/ Cheese or Buckskin Bag #2 or Italian Salad / Breadstick / Goldfish Tomato Soup / Goldfish Crackers Cucumber w/ Ranch Apple Slices / Fresh Fruit Milk	31 Early Dismissal French Bread Pizza or PBJ BBQ Baked Beans Baby Carrots w/ Ranch Applesauce / Fresh Fruit Milk	

LUNCH SELECTION CHOICE INCLUDES:

1. **HOT ENTRÉE: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
2. **COLD SANDWICH / PBJ: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
3. **BUCKSKIN BAG INCLUDES: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
FAT FREE MILK SERVED DAILY

MENU SUBJECT TO CHANGE

- Garden Salad (Greens, Tomato, Cucumber, Carrot, Pepper, Sunflower Seeds, Cheddar)
- Italian Salad (Greens, Tomato, Cucumber, Red Onion, Pepper, Mozzarella, Hoagie Meat)
- Buffalo Chicken Salad (Greens, Cauliflower, Pepper, Celery, Carrots, Grilled Chicken, Cheddar)
- Deli Salad (Greens, Tomato, Cucumber, Hard-boiled Egg, Deli Turkey, Cheese Cubes)