

Prices 2022-2023
 Student Lunch \$2.90
 Adult Lunch \$4.80
 Reduced Lunch .40

OCTOBER

Prepared by CVSD (717)556-0025

Buckskin Bag
 #1 WG Tostitos, Turkey Stick, Mini Muffin, Peanut Butter
 #2 WG Sun chips, String Cheese, Mini Loaf, Sunflower Seeds

ALA CARTE MILK \$.70

GHMS LUNCH 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Cheesy Pull-A-Parts or PBJ</p> <p>Mixed Vegetables Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>4 Beef BBQ on WG Roll or Ham & Cheese on WG Roll</p> <p>Green Beans Grape Tomatoes Pears / Fresh Fruit Milk</p>	<p>5 Pasta w/ Meat sauce w/ Garlic Knot or PBJ</p> <p>Steamed Broccoli Celery Stix w/ Peanut Butter Mixed Fruit / Fresh Fruit Milk</p>	<p>6 Early Dismissal French Bread Pizza or Italian Meat on WG Roll</p> <p>BBQ Baked Beans Lettuce & Tomato Apple Slices Milk</p>	<p>7 NO SCHOOL</p>
<p>10 NO SCHOOL</p>	<p>11 Cheese Crunchers w/ Sauce or Buckskin Bag #1</p> <p>Steamed Peas Baby Carrots w / Ranch Peaches / Fresh Fruit Milk</p>	<p>12 Jumbo Hotdog on WG or PBJ</p> <p>Baked Beans Cucumber w/ Ranch Pears / Fresh Fruit Milk</p>	<p>13 Buckskin Burger on WG Roll or Ham & Cheese on WG Roll</p> <p>Smile Potatoes Spring Mix Salad w/ Ranch Cinnamon Apple / Fresh Fruit Milk</p>	<p>14 Cheese Pizza Slice or Buckskin Bag #1</p> <p>Steamed Corn Celery w/ Peanut Butter Mixed Fruit / Fresh Fruit Milk</p>
<p>17 Hot Ham & Cheese on WG Roll or PBJ</p> <p>Snack Bag Steamed Peas Mini Salad w/ Ranch Apple Slices Milk</p>	<p>18 Cheeseburger on WG Roll or Buckskin Bag #2</p> <p>Steamed Carrots Lettuce & Tomato Pears / Fresh Fruit Milk</p>	<p>19 Chicken Alfredo w/ Garlic Knot or Turkey & Cheese on WG Roll or</p> <p>Steamed Broccoli Grape Tomatoes Peaches / Fresh Fruit Milk</p>	<p>20 Walking Taco or PBJ</p> <p>Lettuce /Tomato /Cheese /Salsa Spicy Beans Apple Sauce / Fresh Fruit Milk</p>	<p>21 Pizza Sticks w/ Dipping Sauce or Buckskin Bag #2</p> <p>Steamed Mixed Vegetables Cucumber w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>
<p>24 Chicken Patty on WG Roll or PBJ or Vegetarian Salad w/ Cheese & Crackers</p> <p>Baked Beans Lettuce & Tomato Apple Slices Milk</p>	<p>25 French Toast Stix w/ Egg Omelet or Buckskin Bag #1 or Vegetarian Salad w/ Cheese & Crackers</p> <p>100 % Fruit Juice Broccoli Florets / Ranch Pears / Fresh Fruit Milk</p>	<p>26 Popcorn Chicken / Mac & Cheese or Italian Meat & Cheese on WG Roll or Vegetarian Salad / Cheese & Crackers</p> <p>Steamed Peas Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>27 Buckskin Burger on WG Roll or PBJ or Vegetarian Salad w/ Cheese & Crackers</p> <p>Parsley Potatoes Grape Tomatoes w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>	<p>28 Early Dismissal Cheese Pizza Slice or Buckskin Bag #1 or Vegetarian Salad w/ Cheese & Crackers</p> <p>Steamed Carrots Spring Mix Salad w/ Ranch Apple Sauce / Fresh Fruit Milk</p>
<p>31 Cheesy Pull-A-Parts or PBJ or Vegetable Salad w/ Turkey & Cheese</p> <p>Tomato Soup w/ Goldfish Crackers Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk</p>				

LUNCH SELECTION CHOICE INCLUDES:

- HOT ENTRÉE: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
- COLD SANDWICH / PBJ: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
- BUCKSKIN BAG INCLUDES: INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**
- SALAD MEAL INCLUDES MEAT/MEAT ALT, WG, VEGETABLE, FRUIT**

FAT FREE FLAVORED MILK SERVED DAILY WITH LUNCH

MENU SUBJECT TO CHANGE