

**Prices 2022-2023**  
 Student Breakfast \$1.55  
 Reduced Breakfast \$.30  
 Adult Breakfast \$2.30  
 Ala Carte Milk \$.70

# OCTOBER

## GHMS BREAKFAST 2022

Prepared by CVSD (717)556-0025  
**MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Assorted Warm Pastry or Muffin or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>4</b> Egg & Cheese on WG Roll or Pop tart or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>5</b> Sausage & Cheese on WG Roll or Donuts or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>6</b> Assorted Warm Pastry or Pop tart or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>7</b>  NO SCHOOL
<b>10</b>  NO SCHOOL	<b>11</b> Assorted Warm Pastry or Ham Egg & Cheese on WG or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>12</b> Breakfast Pizza or Mini Loaf & Grahams or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>13</b> Sausage & Cheese on WG or Pumpkin Bread Slice or Cereal  Fresh Fruit 100 % Fruit Juice Milk	<b>14</b> Assorted Warm Pastry or Donuts or Cereal  Fresh Fruit 100 % Fruit Juice Milk
<b>17</b> Assorted Warm Pastry or Muffin or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>18</b> Egg & Cheese on WG Roll or Pop tart or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>19</b> Sausage & Cheese on WG Roll or Donuts or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>20</b> Assorted Warm Pastry or Pop tart or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>21</b> Scrambled Eggs w Mini Loaf or Cereal  Fresh Fruit 100% Fruit Juice <ilk
<b>24</b> Egg & Cheese on WG Roll or Pop Tart or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>25</b> Assorted Warm Pastry or Ham Egg & Cheese Combo on WG or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>26</b> Breakfast Pizza or Mini Loaf & Grahams or Cereal  Fresh Fruit 100% Fruit Juice Milk	<b>27</b> Egg & Cheese Quesadilla or Banana Bread Slice or Cereal  Fresh Fruit 100 % Fruit Juice Milk	<b>28</b> Assorted Warm Pastry or Donuts or Cereal  Fresh Fruit 100 % Fruit Juice Milk
<b>31</b> Assorted Warm Pastry or Muffin or Cereal  Fresh Fruit 100% Fruit Juice Milk				

**BREAKFAST SELECTION INCLUDES:**  
 CHOICE OF 1 ENTRÉE  
 CHOICE OF 100% FRUIT JUICE OR FRESH FRUIT  
 CHOICE OF MILK  
 VARIETY OF FAT FREE FLAVORED MILK SERVED DAILY