

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

DECEMBER

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
			1 Popcorn Chicken / Mac & Cheese or Italian Meat & Cheese on WG Roll or Deli Salad / Sun Chips / Bread Stick Steamed Peas Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk	2 Cheese Pizza Slice or Buckskin Bag #1 or Deli Salad / Sun Chips / Bread Stick Steamed Carrots Spring Mix Salad w/ Ranch Apple Sauce / Fresh Fruit Milk
5 Cheesy Pull-A-Parts or PBJ or Tex-Mex Salad / Fritos & Cornbread Tomato Soup w/ Goldfish Crackers Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk	6 Beef BBQ on WG Roll or Ham & Cheese on WG Roll Tex-Mex Salad / Fritos & Cornbread Snack Bag Green Beans Grape Tomatoes Pears / Fresh Fruit Milk	7 Pasta w/ Meat sauce w/ Garlic Knot or Italian Meat w/ Cheese on WG Roll or Tex-Mex Salad / Fritos & Cornbread Steamed Broccoli Celery Stix w/ Peanut Butter Mixed Fruit / Fresh Fruit Milk	8 Chicken Quesadilla w/Salsa & Churro or PBJ or Tex-Mex Salad / Fritos & Cornbread Spicy Bean Medley Lettuce & Tomato Apple Sauce / Fresh Fruit Milk	9 Pizza Sticks w/ Dipping Sauce or Buckskin Bag #2 or Tex-Mex Salad / Fritos & Cornbread Steamed Mixed Vegetables Cucumber w/ Ranch Peaches / Fresh Fruit Milk
12 Jumbo Hotdog on WG or Buckskin Bag #1 or Garden Salad / Cheez Its & WG Roll Baked Beans Baby Carrots w/ Ranch Apple Sauce / Fresh Fruit Milk	13 Cheese Crunchers w/ Sauce / Sun chips or PBJ or Garden Salad / Cheez Its & WG Roll Steamed Peas Spring Mix Salad w / Ranch Mixed Fruit / Fresh Fruit Milk	14 Buckskin Burger on WG Roll or Ham & Cheese on WG Roll or Garden Salad / Cheez Its & WG Roll Smile Potatoes Cucumber w/ Ranch Cinnamon Apple / Fresh Fruit Milk	15 Cheese Pizza Slice or Buckskin Bag #1 or Garden Salad / Cheez Its & WG Roll Steamed Corn Celery w/ Peanut Butter Mixed Fruit / Fresh Fruit Milk	16 Sriracha Chicken & Mozzarella Stix w/ Sauce & Soft Pretzel Rod or PBJ or Garden Salad / Cheez Its & WG Roll Green Beans Grape Tomatoes w/ Ranch Pears / Fresh Fruit Milk
19 Cheeseburger on WG Roll or PBJ or Deli Salad / Sun Chips & Bread Stick Steamed Carrots Lettuce & Tomato Pears / Fresh Fruit Milk	20 Warmed Italian Meat w/ Cheese on WG or Buckskin Bag #2 or Deli Salad w/ Sun Chips & Bread Stick Green Beans Cucumber w/ Ranch Mixed Fruit / Fresh Fruit Milk	21 Walking Taco or PBJ or Garden Salad / Sun Chips & Bread Stick Lettuce / Tomato / Cheese /Salsa Spicy Beans Peaches / Fresh Fruit Milk	22 EARLY DISMISSAL French Bread Pizza or Buckskin Bag # 2 or Garden Salad / Sun Chips & Bread Stick Steamed Mixed Vegetables Broccoli Florets w/ Ranch Apple Slices Milk	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

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

- Garden Salad (Greens, Tomato, Cucumber, Carrot, Pepper, Cheddar)
 Deli Salad (Greens, Tomato, Cucumber, Deli Turkey, Hard-Boiled Egg, Cheddar)
 Tex-Mex Salad (Greens, Tomato, Corn, Pepper, Black Beans, Chicken, Pepper Jack)