

Prices 2023-2024
 Student Lunch \$2.90
 Adult Lunch \$4.80
 Reduced Lunch FREE
 Ala Milk \$.70

SEPTEMBER

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 NO SCHOOL
4 NO SCHOOL	5 Jumbo Hotdog w/ Sauerkraut or Buckskin Bag #3 or Buffalo Chicken Salad / WG Roll / Fritos Baked Beans Grape Tomatoes w/ Ranch Peaches / Fresh Fruit Milk	6 Teriyaki Dippers w/ Buttered Rotini WG Roll or PBJ or Buffalo Chicken Salad / WG Roll / Fritos Steamed Peas Celery w/ Ranch Pears / Fresh Fruit Milk	7 Soft Shell Taco or PBJ or Buffalo Chicken Salad / WG Roll / Fritos Steamed Corn Lettuce / Tomato / Cheese Applesauce / Fresh Fruit Milk	8 Cheese Pizza or Buckskin Bag #3 or Buffalo Chicken Salad / WG Roll / Fritos Steamed Carrots Cucumber w/ Ranch Dole Fruit Jell Cup / Fresh Fruit Milk
11 Cheesy Pull-a-Parts or Buckskin Bag #4 Deli Salad / Sun Chips / Breadstick Tomato Soup w/ Goldfish Crackers Broccoli Florets w/ Ranch Pears / Fresh Fruit Milk	12 Cheeseburger on WG Roll or Buckskin Bag #4 or Deli Salad / Sun Chips / Breadstick BBQ Baked Beans Mini Salad w/ Ranch Peaches / Fresh Fruit Milk	1 French Toast Stix w/ Sausage Link / Hash Brown or Buckskin Bag #4 or Deli Salad / Sun Chips / Breadstick 100 % Fruit Juice Baby Carrots w/ Ranch Cinnamon Apples / Fresh Fruit Milk	14 Popcorn Chicken / WG Roll or Italian Meat on WG Roll or Deli Salad / Sun Chips / Breadstick Mashed Potatoes w/ Gravy Grape Tomatoes w/ Ranch Mixed Fruit / Fresh Fruit Milk	15 Early Dismissal French Bread Pizza or PBJ Steamed Mixed Vegetables Baby Carrots w/ Ranch Applesauce / Fresh Fruit Milk
18 NO SCHOOL	19 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	20 Pasta w/ Meat Sauce / Breadstick or PBJ or Garden Salad / Cheez Its / WG Roll Green Beans Cucumber w/ Ranch Mixed Fruit / Fresh Fruit Milk	21 Walking Taco or PBJ or Garden Salad / Cheez Its / WG Roll Steamed Corn Lettuce / Tomato / Cheese Pears / Fresh Fruit Milk	22 Cheese Pizza or Buckskin Bag#1 or Garden Salad / Cheez Its / WG Roll Steamed Carrots Mini Salad w/ Ranch Dole Fruit Jell Cup / Fresh Fruit Milk
25 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	26 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	27 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	28 Chicken Quesadilla w/ Salsa Sour Cream / Churro or Ham & Cheese on WG Roll or Italian Salad / Breadstick / Goldfish Refried Beans Mini Salad w/ Ranch Pears / Fresh Fruit Milk	29 Pizza Stix w/ Sauce or Buckskin Bag #2 or Italian Salad / Breadstick / Goldfish Mixed Vegetables Baby Carrots w/ Ranch Applesauce / Fresh Fruit Milk

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
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)

