

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

NOVEMBER

GHMS LUNCH 2023

Prepared by CVSD (717)556-002

BUCKSKIN BAG

- #1 WG Mini Pretzels, String Cheese, Peanut Butter, Grahams
- #2 WG Sun Chips, Turkey Stick, Mini Loaf, Sunflower Seeds
- #3 WG Tostitos, CJ Cheese Stix, Sunflower Seeds, Cornbread
- #4 WG Grahams, Yogurt, Turkey Stick, Mini Muffin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 French Toast Stix w/ Egg Omelet or Buckskin Bag #3 or Buffalo Chicken Salad / WG Roll / Fritos Parsley Potatoes Baby Carrots w/ Ranch Cinnamon Apples / Fresh Fruit Milk	2 Soft Shell Taco or PBJ or Buffalo Chicken Salad /WG Roll / Fritos Steamed Corn Lettuce / Tomato / Cheese Applesauce / Fresh Fruit Milk	3 Pizza Stix w/ Sauce or Buckskin Bag #3 or Buffalo Chicken Salad / Fritos / WG Roll Steamed Carrots Cucumbers w/ Ranch Dole Fruit Jell Cup / Fresh Fruit Milk
6 Cheesy Pull-a-Parts or Buckskins Bag #4 or Deli Salad / Sun Chips/ Breadstick Tomato Soup / Goldfish Crackers Broccoli Florets w/ Ranch Mixed Fruit / Fresh Fruit Milk	7 HOLIDAY DINNER Turkey w/ Gravy / WG Roll Mashed Potatoes / Stuffing or Italian Meat on WG Roll Steamed Corn Baby Carrots w/ Ranch Applesauce / Fresh Fruit Milk	8 Cheeseburgers on WG or Buckskin Bag #4 or Deli Salad / Sun Chips / Breadstick BBQ Baked Beans Mini Salad w/ Ranch Peaches / Fresh Fruit Milk	9 Chicken Patty on WG Roll or Italian Meat on WG Roll or Deli Salad / Sun Chips / Breadstick French Fries Grape Tomatoes w/ Ranch Pears / Fresh Fruit Milk	10 Cheese Pizza Slice or Buckskin Bag #4 or Deli Salad / Sun chips / Breadstick Green Beans Celery w/ Ranch Apple Slices / Fresh Fruit Milk
13 Pepperoni or Beef & Cheddar Hot Pocket or Buckskin Bag #1 or Garden Salad / Cheez Its / WG Roll Baked Beans Cucumbers w/ Ranch Peaches / Fresh Fruit Milk	14 Mini Ravioli / Dipping Sauce / WG Roll or PBJ or Garden Salad / Cheez Its / WG Roll Steamed Peas Spring Mix Salad w/ Ranch Mixed Fruit / Fresh Fruit Milk	15 Sriracha Chicken / Mozzarella Stix Onion Rings / Dipping Sauce or Buckskin Bag #1 or Garden Salad / Cheez Its / WG Roll Steamed Broccoli Grape Tomatoes w/ Ranch Apple Slices / Fresh Fruit Milk	16 Walking Taco or PBJ or Garden Salad / Cheez Its / WG Roll Steamed Corn Lettuce / Tomato / Cheese Pears / Fresh Fruit	17 EARLY DISMISSAL French Bread Pizza or PBJ Steamed Mixed Vegetables Baby Carrots w/ Ranch Applesauce / Fresh Fruit Milk
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 Cheese Crunchers / Snack Bag or Buckskin Bag #2 or Italian Salad / Goldfish / Bread Stick Steamed Peas Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk	29 Pretzel Bun w/ Cheese or Buckskin Bag #2 or Italian Salad / Goldfish / Bread Stick Tomato Soup / Goldfish Crackers Cucumbers w/ Ranch Applesauce / Fresh Fruit Milk	30 Chicken Quesadilla w/ Salsa Sour Cream / Churro or Ham & Cheese on WG Roll or Italian Salad / Goldfish / Bread Stick Refried Beans Mini Salad w/ Ranch Pears / 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)

