

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

# JANUARY

## GHMS LUNCH 2024

Prepared by CVSD (717)556-0025

**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
<p>1 NO SCHOOL</p>	<p>2 NO SCHOOL</p>	<p>3 Cheese Crunchers / Snack Bag or Buckskin Bag #2 or  BBQ Baked Beans Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>4 Pretzel Bun w/ Cheese or Ham &amp; Cheese on WG Roll or Italian Salad / Goldfish / Bread Stick  Tomato Soup / Goldfish Crackers Cucumbers w/ Ranch Pears / Fresh Fruit Milk</p>	<p>5 Cheese Pizza or Buckskin Bag #2 or Italian Salad / Goldfish / Breadstick  Steamed Carrots Cucumber w/ Ranch Applesauce / Fresh Fruit Milk</p>
<p>8 Pasta w/ Meat Sauce / WG Bread Stick or Buckskin Bag #3 or Buffalo Chicken Salad / WG Roll / Fritos  Steamed Broccoli Celery w/ Ranch Pears / Fresh Fruit Milk</p>	<p>9 Jumbo Hotdog w/ French Fries &amp; Sauerkraut or PBJ or Buffalo Chicken Salad / WG Roll / Fritos  Baked Beans Grape Tomatoes w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>10 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</p>	<p>11 Soft Shell Taco or PBJ or Buffalo Chicken Salad / WG Roll / Fritos  Steamed Corn Lettuce / Tomato / Cheese Applesauce / Fresh Fruit Milk</p>	<p>12 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</p>
<p>15 NO SCHOOL</p>	<p>16 Cheesy Pull-a-Parts or Buckskin Bag #4 or Deli Salad / Sun Chips/ Breadstick  Tomato Soup / Goldfish Crackers Broccoli Florets w/ Ranch Mixed Fruit / Fresh Fruit Milk</p>	<p>17 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</p>	<p>18 French Bread Pizza or Buckskin Bag #4 or Deli Salad / Sun Chips / Breadstick  BBQ Baked Beans Mini Salad w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>19 NO SCHOOL</p>
<p>22 NO SCHOOL</p>	<p>23 Pepperoni or Beef &amp; Cheddar Hot Pocket or PBJ or Garden Salad / Cheez Its / WG Roll  Baked Beans Spring Mix Salad w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>24 Chicken Patty on WG Roll 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</p>	<p>25 Walking Taco or PBJ or Garden Salad / Cheez Its / WG Roll  Steamed Corn Lettuce / Tomato / Cheese Pears / Fresh Fruit Milk</p>	<p>26 Cheese Pizza Slice or Buckskin Bag #1 or Garden Salad / Cheez Its/ WG Roll  Green Beans Celery w/ Ranch Apple Slices / Fresh Fruit Milk</p>
<p>29 Cheese Crunchers / Snack Bag or Buckskin Bag #2 or Italian Salad / Goldfish / Bread Stick  Steamed Peas Baby Carrots w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>30 Teriyaki Dippers w/ Eggroll Steamed Rice / Orange Sauce or Ham &amp; Cheese on WG or Italian Salad / Breadstick / Goldfish  Steamed Broccoli Grape Tomatoes w/ Ranch Peaches / Fresh Fruit Milk</p>	<p>31 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</p>		

**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, Turkey Stick, String Cheese)

