

Student Name *(First AND Last)*

Grade:



PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday



**Menus Due:
WEDNESDAY, Sept 22nd**

(See Sept Menu)

Mini Turkey Corn Dogs
¼ c Garlic Broccoli
½ c Waffle Cut French Fries
½ c Mixed Fruit Cup
Ketchup Pkt
Milk

4

Sloppy Joe on WGR Bun
¼ c Peas
½ c Roasted Cauliflower
½ c 100% Fruit Juice
Ketchup Pkt
Milk

5

Chicken Parmesan
1oz-eq Spaghetti
½ c Green Beans
½ c Sliced Peaches
½ oz-eq Choc. Chip Cookie (WGR)
Milk

6

Squash Soup
¼ c Corn
½ c Fresh Apple
1 oz-eq Garlic Bread Roll
Milk

7

**No School
NEOAE Day**

8

Breaded Chicken Drumstick
¼ c Peas
½ c Mashed Potatoes
½ c Mixed Fruit Cup
1oz-eq Garlic Bread Roll
Milk

11

Cheesburger on WGR Bun
¼ c Homemade Baked Beans
½ c Waffle Cut French Fries
½ c 100% Fruit Juice
Ketchup Pkt
Milk

12

Beet Soup (Borshcht)
½ c Green Beans
½ c Fresh Apple
1oz-eq String Cheese Stick
1 oz-eq Dinner Roll
2 T Sour Cream Pkt
Milk

13

Chicken Alfredo
1oz-eq Pasta
¾ c Steamed Broccoli
½ c Peach Slices
½ oz-eq Choc. Chip Cookie (WGR)
Milk

14

Mexican Pizza
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Milk

15

Hot Dog on WGR Bun
¼ c Green Beans
½ c Homemade Baked Beans
½ c 100% Fruit Juice
Ketchup Pkt
Milk

18

Grilled Cheese Sandwich
½ c Tomato Soup
½ c Peas
½ c Fresh Pear
Milk

19

Grilled Chicken Sandwich
(w/Lettuce & Tomato)
½ c Sweet Potato Fries
½ c Peach Slices
1 Tbsp Low-Fat Mayo Pkt
Milk

20

Waffles & Turkey Sausage
¼ c Cherry Tomatoes
½ c Vegetable Juice
½ c Fresh Orange
Syrup Pkt
Milk

21

**No School
In-Service Day**

22

Hamburger on WGR Bun
¼ c Baked Beans
½ c Potato Wedges
½ c Mixed Fruit Cup
Ketchup Pkt
Milk

25

Teriyaki Chicken
1oz-eq Brown Rice
¾ c Garlic Broccoli
½ c Pineapple Chunks
½ oz-eq Choc. Chip Cookie (WGR)
Milk

26

Potato, Cheese Perogies (3)
1oz-eq Kielbasa Sausage
¼ c Green Beans
½ c 100% Fruit Juice
2 T Sour Cream Pkt
Milk

27

Spaghetti and Meatballs
½ c Roasted Cauliflower
½ c Fresh Pear
Milk

28

Chicken Nuggets (5)
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Ketchup Pkt
Milk

29

All meals FREE for ALL GVA students for the 2021-2022 school year!

Email: jonathan.hejnal@gva.school, alexandra.holowatyj@gva.school Phone: (216) 767-5956
Check the GVA website for additional information. This institution is an equal opportunity provider.

Menus Subject to Change
A variety of milk is offered at each meal:
1% White or Fat-Free Chocolate