

NOVEMBER 2019

LUNCH

Student Name: _____

First Name

Last Name

Grade: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Menus Subject to Change

A variety of milk is offered at each meal: 1% white or fat-free chocolate

This institution is an equal opportunity provider and employer.



PAY FOR MEALS ONLINE
MySchoolBucks.com

Hamburger (2oz-eq) on a WGR Bun (2oz-eq)
½ c Garlic Broccoli
¼ c Baked Beans
½ c Apple
Ketchup Pkt
Milk

4

Hatton Chicken Crunch
½ c Brown Rice
¼ c Broccoli
½ c Banana
Milk

5

Rotini & Meat Sauce
½ c GreenBeans
½ c Fruit Cup
½ c Chocolate Pudding
Milk

6

Beef & Refried Bean Burrito
¼ c Salsa
¼ c Corn
½ c Orange
Milk

7

Turkey & Ham Deli Sub w/Lettuce & Tomato
1 T Low-Fat Mayo
Fresh Banana
½c Baby Carrots, ¼ c Hummus
Milk

1

2oz-eq Chicken Nuggets
½ c Sweet Potato Soufflé
¼ c Green Beans
½ c Pineapple
Milk

11

Chicken Broccoli Bowl
½ c California Blend
½ c Peaches
Milk

12

Cheese Pizza (Domino's Smart Slice!)
½ c Carrots
¼ c Hummus
½ c Juice
Milk

13

Quirky Quesadilla
¼ c Salsa
½ c Corn
½ c Orange
Milk

14

Mac & Cheese
¾ c Tossed Side Salad
½ c Juice
Ranch Dressing Pkt
WG Chocolate Chip Cookie
Milk

15

Chicken (2oz-eq) on a WGR Bun (2oz-eq)
¼ c Lettuce & Tomato
½ c Lemon Broccoli
1 T Low-Fat Mayo
½ c Applesauce
Milk

18

Teriyaki Chicken
½ c Brown Rice
½ c Spinach Strawberry Salad
¼ c Baby Carrots
½ c Oranges
Ranch Dressing Pkt
Milk

19

Mini Meatball Sub
¼ c Marinara Sauce
¾ c California Casserole
½ c Juice
Milk

20

Mexican Pasta
½ c Refried Beans
¼ c Golden Corn & Carrots
½ c Apple
Milk

21

2 oz-eq Mini Corn Dogs
¾ c Potato Wedges
½ c Juice
Ketchup Pkt
Milk

22

Eagle Tostada
½ c Fruit Cup
¾ c California Blend
1oz-eq WG Cookie
Milk

25

Chicken Pot-Pie
1oz-eq WGR Dinner Roll
½ c Carrots
½ c Fruit Juice
Milk

26

NO SCHOOL
Thanksgiving Break

27

NO SCHOOL
Thanksgiving Break

28

NO SCHOOL
Thanksgiving Break

29

Write your child's NAME and GRADE on the top. **CIRCLE** the days your child is purchasing a meal; if every day, write ALL on the top next to your child's name.

Lunch: Full Price \$3.05, Reduced Price \$0.40; **Breakfast:** Full Price \$2.05, Reduced Price \$0.30 Check our GVA website for additional menus and information.

MENUS DUE: WEDNESDAY, October 23rd

Email: alexandra.holowatyj@gva.school, Phone: (216) 767-5956