

OCTOBER 2021

Breakfast

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) **1**

Nutri-Grain Bar
1 oz-eq Yogurt
½ c Fruit Juice
½ c Mixed Fruit Cup
Milk

4

Strawberry Filled Bagel
½ c Fruit Juice
½ c Applesauce
Milk

5

Double Chocolate Muffin
1oz-eq String Cheese
½ c Fruit Juice
½ c Fresh Orange
Milk

6

Apple Frudel
½ c Fruit Juice
½ c Fresh Apple
Milk

7

**No School
NEOAE Day**

8

Granola Bar
1 oz-eq Yogurt
½ c Fruit Juice
½ c Mixed Fruit Cup
Milk

11

Cinnamon Filled Bagel
½ c Fruit Juice
½ c Applesauce
Milk

12

Blueberry Muffin
1oz-eq String Cheese
½ c Fruit Juice
½ c Fresh Orange
Milk

13

Chocolate Crescent
½ c Fruit Juice
½ c Fresh Apple
Milk

14

Whole Grain Cheerios
½ c Fruit Juice
¼ c Raisins
Milk

15

Nutri-Grain Bar
1 oz-eq Yogurt
½ c Fruit Juice
½ c Mixed Fruit Cup
Milk

18

Strawberry Filled Bagel
½ c Fruit Juice
½ c Applesauce
Milk

19

Chocolate Chip Muffin
1oz-eq String Cheese
½ c Fruit Juice
½ c Fresh Orange
Milk

20

Apple Frudel
½ c Fruit Juice
½ c Fresh Apple
Milk

21

**No School
In-Service Day**

22

Granola Bar
1 oz-eq Yogurt
½ c Fruit Juice
½ c Mixed Fruit Cup
Milk

25

Cinnamon Filled Bagel
½ c Fruit Juice
½ c Applesauce
Milk

26

Banana Muffin
1oz-eq String Cheese
½ c Fruit Juice
½ c Fresh Orange
Milk

27

Chocolate Crescent
½ c Fruit Juice
½ c Fresh Apple
Milk

28

Honey Nut Cheerios
½ c Fruit Juice
¼ c Raisins
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