

Student Name *(First AND Last)*

Grade:



PAY FOR MEALS ONLINE  
MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breaded Chicken Drumstick</b> 30 ¼ c Peas ½ c Mashed Potatoes ½ c Mixed Fruit Cup 1oz-eq Garlic Bread Roll Milk	<b>Cheeseburger on WGR Bun</b> 31 ¼ c Homemade Baked Beans ½ c Waffle Cut French Fries ½ c 100% Fruit Juice Ketchup Pkt Milk	<b>Beet Soup (Borshcht)</b> 1 ½ c Green Beans ½ c Fresh Apple 1oz-eq String Cheese Stick 1 oz-eq Dinner Roll 2 T Sour Cream Pkt Milk	<b>Chicken Alfredo</b> 2 1oz-eq Pasta ¾ c Steamed Broccoli ½ c Peach Slices ½ oz-eq Choc. Chip Cookie (WGR) Milk	<b>Mexican Pizza</b> 3 ¼ c Hummus ½ c Baby Carrots ½ c Fresh Orange Milk
<b>No School</b> 6 Labor Day	<b>Grilled Cheese Sandwich</b> 7 ½ c Tomato Soup ½ c Peas ½ c Fresh Pear Milk	<b>Grilled Chicken Sandwich</b> 8 (w/Lettuce & Tomato) ½ c Sweet Potato Fries ½ c Peach Slices 1Tbsp Low-Fat Mayo Pkt Milk	<b>Waffles &amp; Turkey Sausage</b> 9 ¼ c Cherry Tomatoes ½ c Vegetable Juice ½ c Fresh Orange Syrup Pkt Milk	<b>Cheese Breadsticks (2)</b> 10 ¼ c Marinara Sauce ½ c Garlic Broccoli ½ c Fresh Apple Milk
<b>Hamburger on WGR Bun</b> 13 ¼ c Baked Beans ½ c Potato Wedges ½ c Mixed Fruit Cup Ketchup Pkt Milk	<b>Teriyaki Chicken</b> 14 1oz-eq Brown Rice ¾ c Garlic Broccoli ½ c Pineapple Chunks ½ oz-eq Choc. Chip Cookie (WGR) Milk	<b>Potato, Cheese Perogies (3)</b> 15 1oz-eq Kielbasa Sausage ¼ c Green Beans ½ c 100% Fruit Juice 2 T Sour Cream Pkt Milk	<b>Spaghetti and Meatballs</b> 16 ½ c Roasted Cauliflower ½ c Fresh Pear Milk	<b>Chicken Nuggets (5)</b> 17 ¼ c Hummus ½ c Baby Carrots ½ c Fresh Orange Ketchup Pkt Milk
<b>Quirky Quesadillas</b> 20 ¼ c Salsa ½ c Black Bean Salad ½ c Fresh Orange 2 T Sour Cream Pkt Milk	<b>Mini Meatball Sub</b> 21 ¼ c Marinara Sauce ½ c Green Beans ½ c Mixed Fruit Cup Ranch Dressing Pkt Milk	<b>BBQ Chicken Sandwich</b> 22 ¼ c Corn ½ c Mashed Potatoes ½ c Fresh Apple Milk	<b>Turkey &amp; Cheese Deli Sandwich</b> 23 (w/Lettuce & Tomato) ½ c Raw Broccoli Florets ½ c Fresh Pear Ranch Dip Cup Milk	<b>Cheese Pizza (Domino's Smart Slice!)</b> 24 ¼ c Cucumber Slices ½ c Baby Carrots ½ c 100% Fruit Juice Ranch Dressing Pkt Milk
<b>Chicken Pot-Pie</b> 27 ½ c Garlic Broccoli ½ c Sliced Peaches Milk	<b>Beef Cutlet</b> 28 ¼ c Corn ½ c Mashed Potatoes ½ c Fresh Apple 1 oz-eq Dinner Roll Milk	<b>Chicken Patty on WGR Bun</b> 29 ¼ c Baked Beans ½ c Sweet Potato Fries ½ c Fresh Pear Ketchup Pkt Milk	<b>Mac &amp; Cheese</b> 30 ¼ c Cherry Tomatoes ½ c Green Beans ½ c Fresh Orange Milk	<b>Fish Sticks</b> Oct 1 ¼ c Baked Beans ½ c Peas ½ c 100% Fruit Juice Ketchup Pkt Milk

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

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 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**