

JANUARY 2022

Breakfast

Student Name *(First AND Last)*

Grade:

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Granola Bar

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

3

Tuesday

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

4

Wednesday

Banana Muffin

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

5

Thursday

Chocolate Crescent

½ c Fruit Juice
½ c Fresh Apple
Milk

6

Friday

**No School
Christmas Break**

7

Nutri-Grain Bar

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

10

Strawberry Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

11

Double Chocolate Muffin

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

12

Apple Frudel

½ c Fruit Juice
½ c Fresh Apple
Milk

13

Chocolate Grahams

½ c Fruit Juice
¼ c Raisins
Milk

14

**No School
MLK Day**

17

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

18

Blueberry Muffin

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

19

Chocolate Crescent

½ c Fruit Juice
½ c Fresh Apple
Milk

20

Whole Grain Cheerios

½ c Fruit Juice
½ c Fresh Apple
Milk

21

Nutri-Grain Bar

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

24

Strawberry Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

25

Chocolate Chip Muffin

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

26

Apple Frudel

½ c Fruit Juice
½ c Fresh Apple
Milk

27

Cinnamon Grahams

½ c Fruit Juice
¼ c Raisins
Milk

28

Granola Bar

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

31

**Menus Due:
WEDNESDAY, Dec 15th**

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**