

# NOVEMBER 2021

# Breakfast



PAY FOR MEALS ONLINE  
MySchoolBucks.com

Student Name *(First AND Last)*

Grade:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutri-Grain Bar</b> 1 oz-eq Yogurt ½ c Fruit Juice ½ c Mixed Fruit Cup Milk	<b>Strawberry Filled Bagel</b> ½ c Fruit Juice ½ c Applesauce Milk	<b>Double Chocolate Muffin</b> 1oz-eq String Cheese ½ c Fruit Juice ½ c Fresh Orange Milk	<b>Apple Frudel</b> ½ c Fruit Juice ½ c Fresh Apple Milk	<b>Chocolate Grahams</b> ½ c Fruit Juice ¼ c Raisins Milk
<b>Granola Bar</b> 1 oz-eq Yogurt ½ c Fruit Juice ½ c Mixed Fruit Cup Milk	<b>Cinnamon Filled Bagel</b> ½ c Fruit Juice ½ c Applesauce Milk	<b>Blueberry Muffin</b> 1oz-eq String Cheese ½ c Fruit Juice ½ c Fresh Orange Milk	<b>Chocolate Crescent</b> ½ c Fruit Juice ½ c Fresh Apple Milk	<b>Whole Grain Cheerios</b> ½ c Fruit Juice ¼ c Raisins Milk
<b>Nutri-Grain Bar</b> 1 oz-eq Yogurt ½ c Fruit Juice ½ c Mixed Fruit Cup Milk	<b>Strawberry Filled Bagel</b> ½ c Fruit Juice ½ c Applesauce Milk	<b>Chocolate Chip Muffin</b> 1oz-eq String Cheese ½ c Fruit Juice ½ c Fresh Orange Milk	<b>Apple Frudel</b> ½ c Fruit Juice ½ c Fresh Apple Milk	<b>Cinnamon Grahams</b> ½ c Fruit Juice ¼ c Raisins Milk
<b>Granola Bar</b> 1 oz-eq Yogurt ½ c Fruit Juice ½ c Mixed Fruit Cup Milk	<b>Cinnamon Filled Bagel</b> ½ c Fruit Juice ½ c Applesauce Milk	<b>No School</b> Thanksgiving Break	<b>No School</b> Thanksgiving Break	<b>No School</b> Thanksgiving Break
<b>Nutri-Grain Bar</b> 1 oz-eq Yogurt ½ c Fruit Juice ½ c Mixed Fruit Cup Milk	<b>Strawberry Filled Bagel</b> ½ c Fruit Juice ½ c Applesauce Milk	<b>Menus Due:</b> <b>WEDNESDAY, Oct 20<sup>th</sup></b>		

**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

