	W 10 11   THE TAIL			100	
		Wed Oct 1	Thurs Oct 2	Fri Oct 3	
		Chocolate Chip Muffin Fruit Apple Juice Fresh Orange String Cheese 1% Milk Fat Free Chocolate Milk	Cinnamon Toast Crunch Bar Apple Juice Applesauce 1% Milk Fat Free Chocolate Milk	Oat N Honey Granola Bar Apple Juice Mixed Fruit Cup 1% Milk Fat Free Chocolate Milk	
Mon Oct 6	Tues Oct 7	Wed Oct 8	Thurs Oct 9	Fri Oct 10	
Chocolate Chip Muffin Apple Juice Fresh Orange String Cheese 1% Milk Fat Free Chocolate Milk	Chat Snax Grahams Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Honey Nut Cheerios Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Cherry Cocoa Bar Apple Juice Fresh Apple 1% Milk Fat Free Chocolate Milk	NEOEA Day	
Mon Oct 13	Tues Oct 14	Wed Oct 15	Thurs Oct 16	Fri Oct 17	
Cherry Frudel Apple Juice Fresh Apple 1% Milk Fat Free Chocolate Milk	Chat Snax Grahams Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Blueberry Muffin Apple Juice Fresh Orange 1% Milk Fat Free Chocolate Milk	Honey Nut Cheerios Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Oat N Honey Granola Bar Fruit Apple Juice Mixed Fruit Cup String Cheese 1% Milk Fat Free Chocolate Milk	
Mon Oct 20	Tues Oct 21	Wed Oct 22	Thurs Oct 23	Fri Oct 24	
Chocolate Chip Muffin Apple Juice Fresh Orange 1% Milk Fat Free Chocolate Milk	Cherry Frudel Apple Juice Fresh Apple 1% Milk Fat Free Chocolate Milk	Banana Muffin Apple Juice Fresh Orange 1% Milk Fat Free Chocolate Milk	Honey Nut Cheerios Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Teacher In-Service Day	
Mon Oct 27	Tues Oct 28	Wed Oct 29	Thurs Oct 30	Fri Oct 31	
Cinnamon Toast Crunch Bar Apple Juice Applesauce 1% Milk Fat Free Chocolate Milk	Oat N Honey Granola Bar Apple Juice Mixed Fruit Cup 1% Milk Fat Free Chocolate Milk	Chocolate Chip Muffin Apple Juice Fresh Orange String Cheese 1% Milk Fat Free Chocolate Milk Misc.	Chat Snax Grahams Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	Honey Nut Cheerios Apple Juice Cherry Craisins 1% Milk Fat Free Chocolate Milk	

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, <u>AD-3027</u>, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;

fax: (202) 690-7442; or

email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

Lunch: Full Price \$3.30, Reduced Price \$0.00, Adult Price \$4.75 Breakfast: Full Price \$2.30, Reduced Price \$0.00, Adult Price \$3.75

A variety of milk is offered at
each meal: I% White or Fat-Free Chocolate
Phone: (216) 767 5956
Email: oleh.holowatyj2@gva.school
Check the GVA Website for additional information.
MENUS SUBJECT TO CHANGE