

OCTOBER 2022

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com



BREAKFAST

Menu Due: September 21, 2022

Monday

Granola Bar

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

3

Nutri-Grain Bar

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

10

Granola Bar

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

17

Nutri-Grain Bar

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

24

Granola Bar

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

31

Tuesday

Strawberry Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

4

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

11

Strawberry Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

18

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

25

Wednesday

Chocolate Chip Muffin

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

5

Blueberry Muffin

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

12

Double Chocolate Muffin

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

19

Banana Muffin

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

26

Thursday

Cherry Frudel

½ c Fruit Juice
½ c Fresh Apple
Milk

6

Grape Crescent

½ c Fruit Juice
½ c Fresh Apple
Milk

13

Apple Frudel

½ c Fruit Juice
½ c Fresh Apple
Milk

20

Chocolate Crescent

½ c Fruit Juice
½ c Fresh Apple
Milk

27

Friday

Goldfish Graham

½ c Fruit Juice
¼ c Raisins
Milk

7

**NO SCHOOL
NEOEA Day**

14

Chocolate Grahams

½ c Fruit Juice
¼ c Raisins
Milk

21

**No Students
Teacher-In Service**

28

Menus Subject to Change

A variety of milk is offered at each meal:
1% White or Fat-Free Chocolate



Lunch: Full Price \$3.25, Reduced Price \$0.40, Adult Price \$4.75
Breakfast: Full Price \$2.25, Reduced Priced \$0.30, Adult Price \$3.75

Check the GVA website for additional information. Email: jonathan.hejnal@gva.school
This institution is an equal opportunity provider.

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