



Menu Due: December 14, 2022

Monday

Tuesday

Wednesday

Thursday

Friday

2

Winter Break

3

Winter Break

4

Winter Break

5

Winter Break

6

Winter Break

9

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

Banana Muffin

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

12

Cocoa Cherry Bar

½ c Fruit Juice
½ c Fresh Apple
Milk

13

Honey Nut Cheerios

½ c Fruit Juice
¼ c Raisins
Milk

16

Martin Luther King Day
NO SCHOOL

17

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

18

Chocolate Chip Muffin

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

19

Apple Frudel

½ c Fruit Juice
½ c Fresh Apple
Milk

20

Goldfish Graham

½ c Fruit Juice
¼ c Raisins
Milk

23

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

Blueberry Muffin

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

26

Chocolate Crescent

½ c Fruit Juice
½ c Fresh Apple
Milk

27

Kix Cereal

½ c Fruit Juice
¼ c Raisins
Milk

30

Granola Bar

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

31

Cinnamon Filled Bagel

½ c Fruit Juice
½ c Applesauce
Milk

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

Phone: (216) 767-5956

This institution is an equal opportunity provider.