

Student *[first and last]* Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

*\*Menus Subject to Change\**  
A variety of milk is offered at each meal:  
1% White or Fat-Free Chocolate

**1**  
**Strawberry Filled Bagel**  
½ c Fruit Juice  
½ c Applesauce  
Milk

**2**  
**Chocolate Chip Muffin**  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**3**  
**Apple Frudel**  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**4**  
**Goldfish Graham**  
½ c Fruit Juice  
¼ c Raisins  
Milk

**7**  
**Granola Bar**  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**8**  
**Cinnamon Filled Bagel**  
½ c Fruit Juice  
½ c Applesauce  
Milk

**9**  
**Blueberry Muffin**  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**10**  
**Grape Crescent**  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**11**  
**Whole Grain Cheerios**  
½ c Fruit Juice  
¼ c Raisins  
Milk

**14**  
**Nutri-Grain Bar**  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**15**  
**Strawberry Filled Bagel**  
½ c Fruit Juice  
½ c Applesauce  
Milk

**16**  
**Double Chocolate Muffin**  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**17**  
**Cherry Frudel**  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**18**  
**Chocolate Grahams**  
½ c Fruit Juice  
¼ c Raisins  
Milk

**21**  
**Granola Bar**  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**22**  
**Cinnamon Filled Bagel**  
½ c Fruit Juice  
½ c Applesauce  
Milk

**23**  
**Thanksgiving Break**

**24**  
**Thanksgiving Break**

**25**  
**Thanksgiving Break**

**28**  
**Nutri-Grain Bar**  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**29**  
**Strawberry Filled Bagel**  
½ c Fruit Juice  
½ c Applesauce  
Milk

**30**  
**Banana Muffin**  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**Menu Due: October 19,2022**

**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](mailto:jonathan.hejnal@gva.school)  
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