

# Meals Are Free For All Students This Year

## Galvin Middle School January 2024



### Food Allergies

If your child has a food allergy and will be eating lunch please contact your child's School Nurse and The Food Service Director. A Doctor's Note will be required

**Gluten Free Meals Highlighted In Green and can be picked up at the Cafeteria Serving Line**

This institution is an equal opportunity provider

### Meal Prices

Second Lunch \$3.80  
A-la-carte Milk \$.75  
A-la-carte Water \$1.25  
Snack Bar A-La-Carte Various Prices

**Pre-Pay into your Child's account:**  
myschoolbucks.com




### Grab and Go Daily Choices:

Chicken Patty Sandwich  
All Beef Hot Dog  
French Bread Pizza  
Hamburger/Cheeseburger  
Veggie Burger

### Snack Bar

Grilled Chicken Caesar Salad  
Turkey Wrap  
Power Pack- Cheese or Hummus  
Crackers, Sunflower Seeds  
Veggie Sticks- Raisins, Milk

MONDAY	1/1	TUESDAY	1/2	WEDNESDAY	1/3	THURSDAY	1/4	FRIDAY	1/5
<b>New Year's Day</b> <b>No School</b>		<b>Popcorn Chicken</b> Sweet Corn Potatoes Gravy Dinner Roll Fresh Fruit Applesauce Milk  <b>Gluten Free Chicken Tenders</b>		<b>French Toast Sticks</b> Jones Chicken Sausage Carrot Sticks Tater Tots Pears Fresh Fruit Milk  <b>Gluten Free Pancakes and Sausage</b>		<b>Canton's Own Pizza Cheese or Veggie</b> Caesar Salad Roasted Broccoli Raisins Fresh Fruit Milk  <b>Gluten Free Pizza</b>		<b>Early Release</b> <b>Breakfast Served</b>	
MONDAY	1/8	TUESDAY	1/9	WEDNESDAY	1/10	THURSDAY	1/11	FRIDAY	1/12
<b>General Tso's Chicken</b> Steamed Rice Steamed Broccoli Pineapple Fresh Fruit Milk  <b>Gluten Free Chicken Tenders</b>		<b>Ham and Cheese Croissant</b> Chips Baby Carrots Kale Salad with Cranberries Oranges Applesauce Milk  <b>Gluten Free Grilled Ham and Cheese</b>		<b>Italian Sampler</b> Meatballs Mozzarella Sticks Marinara Sauce Garlic Bread Green Beans Local Apples Milk <b>Gluten Free Meatballs and Marinara</b>		<b>Chicken Drumstick</b> Mashed Potato Roasted Broccoli Corn Bread Milk Fresh Fruit <b>Gluten Free Chicken Tenders</b>		<b>Deep Dish Pizza Cheese or Pepperoni</b> Garden Salad with Balsamic Dressing Veggie Sticks Hummus Pears Fresh Fruit Milk Grapes <b>Gluten Free Pizza</b>	
MONDAY	1/15	TUESDAY	1/16	WEDNESDAY	1/17	THURSDAY	1/18	FRIDAY	1/19
 <b>Martin Luther King Day</b> <b>No School</b>		<b>Macaroni and Cheese</b> Fresh Broccoli Veggie Sticks Dinner Roll  <b>Gluten Free Macaroni and Cheese</b>		<b>Crispy Chicken Tender Wrap</b> Oven Baked Fries Lettuce and Tomato Fresh Pear Milk  <b>Gluten Free Chicken Tenders</b>		<b>Chicken Fajita Bowl</b> Roasted Red Pepper and Onion Rice Black Beans Salsa Corn Fresh Fruit Milk <b>Gluten Free Beef Taco and Scoops</b>		<b>Canton's Own Pizza Cheese or Veggie</b> Greek Salad Veggie Sticks Hummus Banana Mixed Fruit Milk  <b>Gluten Free Pizza</b>	
MONDAY	1/22	TUESDAY	1/23	WEDNESDAY	1/24	THURSDAY	1/25	FRIDAY	1/26
<b>Baked Cheese Ravioli</b> Green Beans Corn Texas Toast Apples Milk  <b>Gluten Free Meatballs and Marinara</b>		<b>Walden Local</b> <b>Hamburger-Cheeseburger Bacon</b> <b>Onion Rings Baked Beans</b> <b>Lettuce Tomato Pickles Chips</b> Fresh Fruit Milk  <b>Gluten Free Cheeseburger</b>		<b>Hot and Spicy Chicken Patty Sandwich</b> Potato Smiles Cranberry Kale Salad Local Apples Milk  <b>Gluten Free Turkey Sandwich</b>		<b>Nacho Plate</b> Seasoned Beef and Nacho Cheese Sauce Black Beans Lettuce Tomato Salsa Corn Tostito Scoops Cinnamon Applesauce  <b>Gluten Free Beef Taco and Scoops</b>		<b>Canton's Own Pizza Cheese or Veggie</b> Caesar Salad Roasted Brussel Sprouts Fresh Fruit Raisins Milk  <b>Gluten Free Pizza</b>	
MONDAY	1/29	TUESDAY	1/30	WEDNESDAY	1/31	THURSDAY	2/1	FRIDAY	2/2
<b>Popcorn Chicken</b> Sweet Corn Potatoes Gravy Dinner Roll Fresh Fruit Apple Slices Milk  <b>Gluten Free Chicken Tenders</b>		<b>French Toast Sticks</b> Jones Chicken Sausage Carrot Sticks Tater Tots Clementines Milk  <b>Gluten Free Pancakes and Sausage</b>		<b>Italian Sampler</b> Meatballs Mozzarella Sticks Marinara Sauce Garlic Bread Roasted Broccoli Local Apples Milk  <b>Gluten Free Meatballs and Marinara</b>		<b>All Beef Hot Dog</b> Baked Beans Veggie Sticks Hummus Chips Milk Grapes  <b>Gluten Free Hot Dog</b>		<b>Canton's Own Pizza Cheese or BBQ Chicken</b> Greek Salad Veggie Sticks Hummus Banana Mixed Fruit Milk  <b>Gluten Free Pizza</b>	

*All Meals Offered are Nutritionally Balanced and Include 5 Components: Meat/Meat Alternate, Vegetable, Fruit, Grain and Milk*  
*We support and encourage students to make food selections from each of the Components offered every Day!*  
*Selecting at least 3 components and having at least one component be a fruit or vegetable serving makes it a Reimbursable Meal!*  
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