



East Goshen – Goshen Friends Lunch Menu

2
Turkey & Cheese Wrap
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

3
Ranch Chicken Hoagie
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

4
Italian Hoagie
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

5
Ham & Cheese Wrap
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

6
Chicken Tender Wrap With Lettuce & Tomato
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

9
Ranch Chicken Hoagie
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

10
Ham & Cheese Wrap
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

11
 HALF DAY

12
 HALF DAY

13
 NO SCHOOL

16
Ham & Cheese Wrap
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

17
Chicken Salad Wrap
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

18
Italian Hoagie
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

19
Turkey & Cheese Wrap
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

20
Ranch Chicken Hoagie
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

23
Chicken Tender Wrap with Lettuce & Tomato
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

24
Ham & Cheese Wrap
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

25
Turkey & Cheese Wrap
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

26
Ranch Chicken Hoagie
 Or
Ace's Pretzel Pack
 Fresh Carrots
 Apple Juice

27
Italian Hoagie
 Or
Ace's Pretzel Pack
 Sliced Cucumbers
 Orange Juice

30
Turkey & Cheese Wrap
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

31
Chicken Tender Wrap with Lettuce & Tomato
 Or
Ace's Pretzel Pack
 Celery Sticks
 Fruit Juice

A Lunch Meal has 3 components: Grain, fruit and milk. A student must choose 3 components to make it a meal, and one item must be a Fruit or Vegetable. Milk comes with all meals.

Paid Student Lunch \$ 2.75

Reduced Student Lunch \$ 0.00

Milk or 4oz 100% Juice \$.70

Food Service Office: 484-266-3880

Now hiring: www.aramark.com/careers

If your child received free or reduced meals last school year, they will continue through until mid-October. You **MUST** re-apply to continue this benefit.

Fruit and Veggie Bar comes with all meals. Milk included with all meals.

Save time on line and put money on account: www.payforit.net

***Daily choice of 1% white or skim chocolate milk

