

GAINESVILLE CITY HIGH SCHOOL MENU

AUGUST 2018

Adult Breakfast: \$2.00
 Adult Lunch: \$3.50
 All Students Eat at No Cost
 Extra milk is \$0.35

Assorted fat-free or low-fat milk is offered at breakfast & lunch.

*Menu subject to change due to market conditions, delivery, food availability, & school activities

Monday	Tuesday	Wednesday	Thursday	Friday
		8	9	10
		Cereal Bar & Cheese Cubes Cereal Choices Fresh Fruit 1ea Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles <i>with Syrup</i> Cereal Choices Fresh Fruit 1ea Fruit Juice 6oz
		Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz Pineapple 1/2c Fresh Fruit 1ea	Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea	Chicken Chunks (7) 1oz Roll Steamed Squash 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea
13	14	15	16	17
Breakfast Bun Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Mini Pancakes <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1ea Sliced Apples 1/2c	Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Chow Mein <i>with Egg Roll</i> Mixed Veggies 1/2c Carrots and Celery 1 bag Oriental Salad 1c Mandarin Oranges 1/2c Fresh Fruit 1ea	Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea	Spaghetti & Meat Sauce <i>with Garlic Bread</i> Red Rock Variety Pizza Parmesan Broccoli 1/2c Whipped Potatoes 1c Italian Salad 1c Peaches 1/2c Fresh Fruit 1ea	Crispitos (2) <i>Sour Cream & Salsa</i> Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Spicy Chicken Sandwich Oven Fries 3/4c Carrot Sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea
20	21	22	23	24
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Fruit Cocktail 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
Chicken Chunks (7) 1oz Roll Whipped Potatoes 1c Carrot Sticks 1/2c Green Peas 1/2c Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Cheeseburger Deep Dish Personal Pizza Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea	Breaded Chicken Drumstick 1oz Roll Green Beans 1/2c Sweet Potatoes 1c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Chicken Nachos <i>Sour Cream & Salsa</i> Ranchero Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz Pineapple 1/2c Fresh Fruit 1ea
27	28	29	30	31
Muffin and Yogurt Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Pancake-Sausage Stick <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Boneless Wings (7) 1oz Roll Green Beans 1/2c Whipped Potatoes 1c Celery 1 bag Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea	Mac and Cheese <i>with Garlic Bread</i> Steamed Broccoli 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Beefy Nachos <i>Sour Cream & Salsa</i> Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Pizza Friday! Oven Fries 3/4c Zesty Greens 1/2c Carrot Sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea



• **Peanut Butter and Jelly Sandwich Plate Offered Daily** •

• **Weekly Pick of the Garden Entrees** •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with Egg Roll	<i>Southwest Shaker Salad</i>	<i>Chicken Nugget Salad</i> with 1oz Roll	<i>Buffalo Chicken Salad</i> with 1oz Roll	<i>Caesar Chicken Salad</i> with flatbread

• **Weekly Pizza Line** •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish	Red Rock Variety	Mozzarella Sticks or Calzone with Marinara Cup	Deep Dish or Fresh Delivered

Sack lunches are for field trips only. They include a peanut butter and jelly sandwich, grain item, fruit, vegetable, and milk. If your child has a peanut allergy, we have a soy butter sandwich available upon request. Let your child's teacher know to request the soy butter sandwich (peanut free, but contains milk, wheat, and soy). Grab and go breakfast jumpstarts are available regularly as an alternative breakfast to be eaten in the classroom. It contains cereal, graham crackers, and juice. Milk and fruit are available.

