

# GAINESVILLE CITY ELEMENTARY MENU

## JANUARY 2019



Adult Breakfast: \$2.00  
 Adult Lunch: \$3.50  
 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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 National Milk Day</b>
Breakfast Bun Cereal Choices Fruit Juice 4oz Banana 1 ea	Pancake-Sausage Stick <i>with Syrup</i> Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal Choices Fruit Juice 4oz Pears 1/2c	Mini Bagels Cereal Choices Fresh Fruit 1 ea Mandarin Oranges 1/2c	Breakfast Pizza Cereal Choices Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable <b>Potato Smiles 6ea</b> Green Beans 1/2c Romaine Salad 1c Italian 1oz Applesauce Cup	Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread</i> Munchable Pinto Beans 1/2c Collard Greens 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Beefy Nachos <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick <b>Corn 1/2c</b> Refried Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 4oz	Hotdog & Chips Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles <i>with Syrup</i> Cereal Choices Fruit Juice 4oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Pineapple 1/2c	French Toast Sticks <i>with Syrup</i> Cereal Choices Fruit Juice 4oz Strawberries 1/2c
Chicken Nuggets (5) <i>with 1oz Roll</i> Grilled Cheese & Yogurt Steamed Squash 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Cheese Pizza PBJ & Chips Steamed Broccoli 1/2c <b>Corn 1/2c</b> Celery Sticks 1/2c Mandarin Oranges 1/2c	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Chicken Nachos <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Black Beans 1/2c <b>Corn 1/2c</b> Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 4oz	Hamburger Veggie Burger Baked Beans 1/2c <b>Jumbo Tots 2ea</b> Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Yogurt
<b>21</b>	<b>22</b>	<b>23</b>	<b>24 National Peanut Butter Day</b>	<b>25</b>
<b>Holiday</b>	Mini Pancakes <i>with Syrup</i> Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal Choices Fruit Juice 4oz Pears 1/2c	Belvita & Yogurt Cereal Choices Fresh Fruit 1ea Applesauce Cup	Mini Cinnis Cereal Choices Fruit Juice 4oz Strawberries 1/2c
	Pepperoni Pizza PBJ & Cheese Stick Cheesy Broccoli 1/2c <b>Corn 1/2c</b> Italian Salad 1c Pineapple 1/2c	Chicken Sandwich Munchable <b>Potato Smiles 6ea</b> Carrot Sticks 1/2c Romaine Salad 1c Italian 1oz Peaches 1/2c	Zesty Taco Soup PB & J Sandwich Tortilla Chips & <i>Salsa</i> <b>Corn 1/2c</b> Refried Beans 1/2c Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Corndog Grilled Cheese & Yogurt Baked Beans 1/2c <b>Tater Tots 8ea</b> Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>28</b>	<b>29</b>	<b>30</b>	<b>31 Lunch-to-Go</b>	<b>1</b>
Poptart & Cheese Stick Cereal Choices Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini French Toast <i>with Syrup</i> Cereal Choices Fruit Juice 4oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Pineapple 1/2c	Dutch Waffle Cereal Choices Fruit Juice 4oz Spiced Apples 2/3c
Chicken Nuggets (5) <i>with 1oz Roll</i> Grilled Cheese & Yogurt <b>Green Peas 1/2c</b> Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Cheesy French Bread <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli 1/2c Carrot Sticks 1/2c Caesar Salad 1c Mandarin Oranges 1/2c	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	PB & J Sandwich Soybutter Sandwich <b>Includes:</b> Cheese Stick Carrots 1/2c Veggie Juice 4oz Fruit Cup 1/2c Whole Grain Dessert	Cheeseburger Veggie Burger Baked Beans 1/2c <b>Oven Fries 1/2c</b> Lettuce & Tomato 1c Fresh Fruit 1 ea Yogurt

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. \*Munchable contains RF cheese cubes, sunflower seeds, crackers, & munchie mix