

# GAINESVILLE CITY ELEMENTARY SCHOOL MENU

## October 2017




Adult Breakfast: \$1.50  
 Adult Lunch: \$2.75  
 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	<b>Fall Break</b>
Chicken Nuggets (5)-1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Stuffed Mozzarella Breadsticks Marinara Dunk Cup PBJ & PopChips Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Roasted Chicken Drumstick 1oz Roll Cheese Plate Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Pepperoni Pizza PBJ & Popchips Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>National School Lunch Week and Farm to School Month!</b>  		Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
		Breaded Chicken Drumstick 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Cheese Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot Sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Whole grain dessert
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Cinnamon Roll Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Asian Chicken Nuggets Grilled Cheese & Yogurt Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c	Cheeseburger PBJ & Cheese Puffs Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fresh Fruit 1 ea	Chicken Sandwich Munchable Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Peaches 1/2c	Chicken Nachos & Sour Cream Salsa Dunk Cup Grilled Cheese & Yogurt Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Fruit Juice 4oz	Four Cheese Lasagna 1oz Roll PBJ & Cheese Puffs Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup Whole grain dessert

This institution is an equal opportunity provider.  
 \*Munchable contains RF cheese cubes, roasted turkey, crackers, munchie mix & apple slices.



23	24	25	26	27
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
Chicken Nuggets (5)-1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Stuffed Mozzarella Breadsticks Marinara Dunk Cup PBJ & Cheese Puffs Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Roasted Chicken Drumstick 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Pepperoni Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Corndog Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Whole grain dessert
30	31 Lunch-to-Go 	1	2	3
Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini French Toast Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Mini Cinnis Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	PBJ & Cheese Stick OR Soybutter Sandwich & Cheese Stick <b>Includes:</b> Carrots 1/2c Veggie Juice 4oz Fruit Cup 1/2c Whole grain dessert	Crunchy Chicken Taco Sour Cream Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger PBJ & Cheese Puffs Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Fish 'n' Fries – Roll Grilled Cheese & Yogurt Green Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Mandarin Oranges 1/2c

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.

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