

# GAINESVILLE CITY ELEMENTARY MENU

## OCTOBER 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</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 Corn 1/2c Sliced Cucumbers 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 Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 4oz	Hamburger Veggie Burger Baked Beans 1/2c Jumbo Tots 2ea Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Yogurt Choice
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<div style="text-align: center;"> <h3>National School Lunch Week</h3> <h4>OCTOBER 15-19, 2018</h4> </div>		Breakfast Bun Cereal Choices Fresh Fruit 1ea Pears 1/2c	Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fresh Fruit 1ea Sliced Apples 1/2c	Chicken Biscuit Cereal Choices Fruit Juice 4oz Strawberries 1/2c
		Pepperoni Pizza Munchable Cheesy Broccoli 1/2c Corn 1/2c Italian Salad 1c Pineapple 1/2c	Chicken Sandwich PBJ & Chips Potato Smiles 6ea Carrot Sticks 1/2c Romaine Salad 1c Italian 1oz Fruit Juice 4oz	Corndog Grilled Cheese & Yogurt Baked Beans 1/2c Tater Tots 8ea Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</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 Waffles <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 Cinnamon Spiced Apples 2/3c
Chicken Nuggets (5) <i>with 1oz Roll</i> Grilled Cheese & Yogurt Green Peas 1/2c 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	Crunchy Chicken Tacos <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Carrot Sticks 1/2c Fruit Juice 4oz	Cheeseburger Veggie Burger Baked Beans 1/2c Oven Fries 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea Yogurt Choice
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Muffin & Yogurt 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 Sliced Apples 1/2c	Breakfast Pizza Cereal Choices Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Potato Smiles 6ea 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 Corn 1/2c Refried Beans 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

\*Munchable contains RF cheese cubes, sunflower seeds, crackers, & munchie mix  
 This institution is an equal opportunity provider.



29	30	31 <i>Lunch-to-Go</i>	1	2
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 Munchable Steamed Broccoli 1/2c Corn 1/2c Sliced Cucumbers 1/2c Mandarin Oranges 1/2c	PB&J or Soybutter Sandwich  <b>Includes:</b> Cheese Stick Creepy Carrots 1/2c Vampire Veggie Juice 4oz Freighting Fruit 1/2c Whole Grain Dessert	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	Hamburger Veggie Burger Baked Beans 1/2c Jumbo Tots 2ea Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Yogurt Choice

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.

