

# GAINESVILLE CITY SCHOOLS ELEMENTARY MENU

## SEPTEMBER 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	
2	Holiday	3	Poptart & Cheese Stick Jumpstart Cereal Kit Fresh Fruit 1 each Fruit Cup 1 each	4	Breakfast Bun Jumpstart Cereal Kit Fruit Juice 4 oz. Fruit Cup 1 each	5	Cereal Bar & Cheese Cubes Jumpstart Cereal Kit Fresh Fruit 1 each Fruit Cup 1ea	6	Granola & Yogurt Jumpstart Cereal Kit Fresh Fruit 1 each Craisins 1 pack
 <p><b>SEPTEMBER</b> National <b>WHOLE GRAIN &amp; BREAKFAST</b> Month</p> <p><b>*9/9 Brunch for Lunch:</b> Whole Grain Muffin, Granola, Yogurt, &amp; Sunflower Seeds</p>		Cheesy French Bread <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli ½ c Carrot Sticks ½ cup Caesar Salad 1 cup Pineapple ½ cup	Breaded Drumstick with 1oz Roll Munchable Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup	Chicken Nuggets (5) with 1oz Roll Grilled Cheese & Yogurt Steamed Squash ½ cup Whipped Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Applesauce Cup	Cheeseburger Veggie Burger Baked Beans ½ cup Oven Fries ½ cup Lettuce & Tomato 1 cup Fresh Fruit 1 each Whole Grain Dessert				
		9	Muffin & Yogurt Cereal Choices Fruit Juice 4 oz. Banana 1 each	10	Pancake-Sausage Stick with Syrup Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	11	Chicken Biscuit Cereal Choices Fruit Juice 4 oz. Pears ½ cup	12	Mini Bagels Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup
Chicken Sandwich *Brunch for Lunch Potato Smiles 6 each Green Beans ½ cup Romaine Salad 1 cup Italian 1oz Applesauce Cup		Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Parmesan Broccoli ½ cup Carrot Sticks ½ cup Italian Salad 1 cup Pineapple ½ cup	Mac and Cheese with Garlic Bread Munchable Sweet Potatoes ½ cup Collard Greens ½ cup Garden Salad 1 cup Ranch 1 oz. Peaches ½ cup	Beefy Nachos Sour Cream & Salsa PBJ & Cheese Stick Corn ½ cup Refried Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	Hotdog & Chips Grilled Cheese & Yogurt Coleslaw ½ cup Baked Beans ½ cup Fancy Greens Salad 1 cup Ranch 1 oz. Fresh Fruit 1 each Whole Grain Dessert				
16	Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 4 oz. Banana 1 each	17	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	18	Mini Waffles with Syrup Cereal Choices Fruit Juice 4 oz. Pears ½ cup	19	Steak Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	20 Blueberry Popsicle Month	
Chicken Nuggets (5) with 1oz Roll Grilled Cheese & Yogurt Steamed Squash ½ cup Whipped Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Applesauce Cup		Mozzarella Stuffed Breadsticks (2) <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli ½ cup Corn ½ cup Carrot Sticks ½ cup Pineapple ½ cup	Breaded Drumstick with 1oz Roll Munchable Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup	Chicken Nachos Sour Cream & Salsa PBJ & Cheese Stick Black Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	Cheeseburger Veggie Burger Baked Beans ½ cup Jumbo Tots 2 each Lettuce & Tomato 1 cup Fresh Fruit 1 each Mixed Berry JonnyPops				
23	Breakfast Bun Cereal Choices Fruit Juice 4 oz. Banana 1 each	24	Mini Pancakes with Syrup Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	25	Chicken Biscuit Cereal Choices Fruit Juice 4 oz. Pears ½ cup	26 World School Milk Day		27	
Asian Chicken Nuggets Munchable Steamed Cauliflower ½ cup Carrot Sticks ½ cup Oriental Salad ½ cup Mandarin Oranges ½ cup		Chicken Sandwich PBJ & Cheese Stick Potato Smiles 6 each Celery Sticks ½ cup Romaine Salad 1 cup Italian 1oz Fruit Juice 4 oz.	Domino's Pizza! Cheesy Broccoli ½ cup Corn ½ cup Italian Salad 1 cup Pineapple ½ cup 	Beefy Macaroni with Garlic Bread Munchable Green Beans ½ cup Sweet Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Peaches ½ cup	Blueberry Twist Cereal Choices Fruit Juice 4 oz. Strawberries ½ cup	Corndog Grilled Cheese & Yogurt Baked Beans ½ cup Tater Tots 8 each Sunshine Salad 1 cup Fresh Fruit 1 each Whole Grain Dessert			

Q: What do you call a banana that likes to dance? A: A banana shake!

<b>30 Lunch-to-Go</b> Poptart & Cheese Stick Cereal Choices Fruit Juice 4 oz. Banana 1 each	<b>1</b> Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	<b>2</b> Mini French Toast <i>with Syrup</i> Cereal Choices Fruit Juice 4 oz. Pears ½ cup	<b>3</b> Ham Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	<b>4</b> Dutch Waffle Cereal Choices Fruit Juice 4 oz. Spiced Apples ½ cup
 <b>PB&amp; J Sandwich</b> Soy Butter Sandwich <b>Includes:</b> Cheese Stick Carrots ½ cup Veggie Juice 4 oz. Fruit Cup ½ cup Whole Grain Dessert	Cheeseburger Veggie Burger Baked Beans ½ cup Oven Fries ½ cup Lettuce & Tomato 1 cup Fresh Fruit 1 each Yogurt	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup	Chicken Nuggets (5) <i>with 1oz Roll</i> Grilled Cheese & Yogurt Steamed Squash ½ cup Whipped Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Applesauce Cup	Cheesy French Bread <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli ½ cup Carrot Sticks ½ cup Caesar Salad 1 cup Pineapple ½ cup

### • September Events •

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| <ul style="list-style-type: none"> <li>› Childhood Cancer Awareness Month</li> <li>› Classical Music Month</li> <li>› Fruits &amp; Veggies - More Matters Month</li> <li>› Library Card Sign-up Month</li> <li>› National Chicken Month</li> </ul> | <ul style="list-style-type: none"> <li>› National Courtesy Month</li> <li>› National Food Safety Education Month</li> <li>› National Hispanic Heritage Month</li> <li>› National Honey Month</li> <li>› National Mushroom Month</li> </ul> | <ul style="list-style-type: none"> <li>› National Potato Month</li> <li>› National Rice Month</li> <li>› National Whole Grains Month</li> <li>› 26<sup>th</sup>- World School Milk Day</li> </ul> |
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Sack lunches are for field trips only. They include a peanut butter & jelly sandwich, fruit, vegetable, and milk. If your child has a peanut allergy, soy butter is available upon request. Let you 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