

GAINESVILLE CITY HIGH SCHOOL MENU

February 2018

SILVER AWARD WINNER



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 |
|--|---|---|--|--|
| 29 | 30 | 31 | 1 | 2 |
| | | | Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Sliced Apples 1/2c | Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c |
| | | | Philly Steak Sandwich Hot Pocket- Turkey Pepperoni Marinara Dunk Cup Curly Fries 3/4c Ranchero Black Beans 1/2c Veggie Dippers 1/2c Fruit Cocktail 1/2c Fresh Fruit 1ea | Chicken Chunks (7) 1oz Roll Red Rock Variety Pizza Green Beans 1/2c Potato Wedges 3/4c Carrot Sticks 1/2c Farmer's Garden Salad 1c Ranch Dressing 1oz Pineapple Tidbits 1/2c Fresh Fruit 1ea Whole Grain Dessert |
| 5 | 6 | 7 | 8 | 9 |
| Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea | Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Pears 1/2c | Mini French Toast Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c | Ham Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c | Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c |
| Chicken Sandwich Red Rock Variety Pizza Tater Tots 12ea Zesty Greens 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea | Hotdog Red Rock Variety Pizza Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Crispy Romaine Salad 1c Ranch Dressing 1oz Applesauce 1/2c Fresh Fruit 1ea | Beefy Macaroni 1oz Roll Red Rock Variety Pizza Cheesy Broccoli 1/2c Corn 1/2c Italian Salad 1c Peaches 1/2c Fresh Fruit 1ea | Red Rock McBurger Deep Dish Personal Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Tropical Fruit 1/2c Fresh Fruit 1ea | Asian Chicken and Rice with Egg Roll Red Rock Variety Pizza Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c Fresh Fruit 1ea Whole Grain Dessert |
| 12 | 13 | 14 | 15 | 16 <i>No Entrée Salads</i> |
| Cereal Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea | Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Pears 1/2c | Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 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 6oz Chilled Fruit 1/2c |
| Spicy Chicken Sandwich Red Rock Variety Pizza Curly Fries 3/4c Baked Beans 1/2c Steamed Broccoli 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea | Beefy Nachos & Sour Cream Red Rock Variety Pizza Salsa Dunk Cup Refried Beans 2/3c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea | Breaded Chicken Drumstick 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Spinach & Arugula Salad 1c Ranch Dressing 1oz Peaches 1/2c Fresh Fruit 1ea | Chili with Cheese Toast Hot Pocket- Turkey Pepperoni Marinara Dunk Cup Cheesy Broccoli 1/2c Tater Tots 12ea Fancy Greens Salad 1c Ranch Dressing 1oz Fruit Cocktail 1/2c Fresh Fruit 1ea Whole Grain Dessert | Chicken Chunks (7) 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Potato Wedges 3/4c Carrot Sticks 1/2c Pineapple Tidbits 1/2c Fruit Juice 6oz or Fresh Fruit 1ea |



This institution is an equal opportunity provider.



Winter Break

| 26 | 27 | 28 | 1 | 2 |
|--|--|---|---|---|
| Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea | Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Pears 1/2c | Pancakes and Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c | Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c | Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c |
| Boneless Wings (7) 1oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Farmer's Garden Salad 1c Ranch Dressing 1oz Peaches 1/2c Fresh Fruit 1ea | Cheeseburger Deep Dish Personal Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Tropical Fruit 1/2c Fresh Fruit 1ea | Chicken Sandwich Red Rock Variety Pizza Tater Tots 12ea Zesty Greens 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea | Asian Chicken and Rice with Egg Roll Red Rock Variety Pizza Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c Fresh Fruit 1ea | Spaghetti and Meat Sauce 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Corn 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce 1/2c Fresh Fruit 1ea Whole Grain Dessert |

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.

• PB& J Plate Offered Daily •

• Weekly Entrée Salad Rotation •

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|--------------------------------------|---|--|
| Asian Chicken Salad with Egg Roll | Caesar Chicken Salad with flatbread | Chicken Chunk Salad with 1oz Roll | Buffalo Chicken Salad with 1/2 flatbread | Arugula Chicken Salad with red grapes, sliced apples and flatbread |



EAT YOUR BROCCOLI

Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides _____.
A.) fiber B.) vitamin A C.) vitamin C D.) all three
- Which state grows the most broccoli in the United States?
A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C. 2. D. 3. A

Reasons to Eat Broccoli

A 1/2 cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

Folate Champions*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.



Nutrition Facts

| | |
|---|---------------------|
| Serving Size: 1/2 cup fresh broccoli, chopped (44g) | |
| Calories 15 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 21mg | 1% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 1g | |
| Protein 1g | |
| Vitamin A 5% | Calcium 2% |
| Vitamin C 65% | Iron 2% |

