GAINESVILLE CITY HIGH SCHOOL MENU

Adult Breakfast: \$2.00 Adult Lunch: \$3.50 Students Eat at No Cost Extra milk is \$0.35

FEBRUARY 2019

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

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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
-0				Dutch Waffle
				Cereal Choices
	4	HOW DID YOU		Spiced Apples 2/3c Fruit Juice 6oz
	Swee	GET SO SWEET	,	Fruit Juice 602
•			•	SMART
	4	4		Slice.
				Domino's Pizza Friday!
			*	Corn 1/2c
		*	مد ا	Parmesan Broccoli 1/2c
			h **	Carrot Sticks 1/2c
	Month			Italian Salad 1c Pineapple 1/2c
			>	Fresh Fruit 1 ea
4	5	6	7	8
Breakfast Pizza	Chicken Biscuit	Pancake-Sausage Stick	Ham Biscuit	Muffin & Yogurt
Cereal Choices	Cereal Choices	with Syrup	Cereal Choices	Cereal Choices
Fruit Juice 6oz	Fresh Fruit 1 ea	Cereal Choices	Fresh Fruit 1 ea	Fruit Juice 6oz
Banana 1 ea	Fruit Cocktail 1/2c	Fruit Juice 6oz Pears 1/2c	Applesauce Cup	Strawberries 1/2c
Boneless Wings (7)	Uotdo~	1 (a18 1/2)	Beefy Nachos	Spicy Chicken
1oz Roll	Hotdog Onion Rings (5)	Mac and Cheese	Sour Cream & Salsa	Sandwich
Green Beans 1/2c	Baked Beans 1/2c	with Garlic Bread	Refried Beans 1/2c	Oven Fries 3/4c
Whipped Potatoes 1c	Coleslaw 1/2c	Zesty Greens 1/2c	Corn 1/2c	Carrot Sticks 1/2c
Celery Sticks 1 bag	Fancy Greens Salad 1c	Sweet Potatoes 1/2c	Carrot Sticks 1/2c	Romaine Salad 1c
Garden Salad 1c Ranch 1oz	Ranch 1oz	Caesar Salad 1c Peaches 1/2c	Shredded Lettuce & Tomato 1c	Ranch 1oz
Mandarin Oranges 1/2c	Applesauce Cup	Fresh Fruit 1ea	Fruit Juice 6oz	Pineapple 1/2c Fresh Fruit 1ea
Fresh Fruit 1ea	Fresh Fruit 1ea	Tresh trant rea	Fresh Fruit 1ea	Whole Grain Dessert
			riesii riult iea	Whole Grain Dessert
11	12	13	14	15
		-	14	15
Cereal Bar & Cheese Cubes	12 Chicken Biscuit Cereal Choices	Mini Waffles with Syrup		15 French Toast Sticks (4) with Syrup
Cereal Bar &	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea	Mini Waffles with Syrup Cereal Choices	Steak Biscuit Cereal Choices Fresh Fruit 1 ea	French Toast Sticks (4) with Syrup Cereal Choices
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz	Chicken Biscuit Cereal Choices	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea	Steak Biscuit Cereal Choices	15 French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6oz
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea Chicken Nuggets (7)	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c Bacon Cheeseburger	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea Pears 1/2c Breaded Drumstick	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup Chicken Tacos	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6oz Strawberries 1/2c Chicken Sandwich
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea Chicken Nuggets (7) 1 oz Roll	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c Bacon Cheeseburger Baked Beans 1/2c	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea Pears 1/2c Breaded Drumstick 10z Roll	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup Chicken Tacos Sour Cream & Salsa	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6oz Strawberries 1/2c Chicken Sandwich Cheesy Broccoli 1/2c
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Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea Chicken Nuggets (7) 1oz Roll Steamed Squash 1/2c Whipped Potatoes 1c Garden Salad 1c Ranch Dressing 1oz	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c Bacon Cheeseburger Baked Beans 1/2c Oven Fries 3/4c	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea Pears 1/2c Breaded Drumstick Ioz Roll Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup Chicken Tacos Sour Cream & Salsa Pinto Beans 1/2c Corn 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6oz Strawberries 1/2c Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz
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25	26	27	28	1
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Steak Biscuit Cereal Choices Fresh Fruit 1ea Fruit Cocktail 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
Chicken Nuggets (7) 10z Roll Steamed Squash 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Garden Salad 1c Ranch 10z Mandarin Oranges 1/2c Fresh Fruit 1ea	Chicken Nachos Sour Cream & Salsa Black Beans 1/2c Corn 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Breaded Drumstick 10z Roll Green Beans 1/2c Sweet Potatoes 1c Super Spinach Salad 1c Ranch 10z Peaches 1/2c Fresh Fruit 1ea	Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea Whole Grain Dessert	Domino's Pizza Friday! Corn 1/2c Steamed Broccoli 1/2c Cherry Tomatoes 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1 ea

• Peanut Butter and Jelly Sandwich Plate Offered Daily •

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad	Grilled Chicken Salad	Chicken Nugget Salad	Buffalo Chicken Salad	Caesar Chicken Salad
with Egg Roll	with loz roll	with loz roll	with loz roll	with flatbread

• Weekly Pizza Line •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish	Red Rock Variety	Mozzarella Sticks (3) or Calzone	Fresh Delivered Pizza!

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 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.