

GAINESVILLE CITY SCHOOLS

Adult Breakfast: \$1.50
 Adult Lunch: \$2.75
 All Students Eat at No Cost
 Extra milk is \$0.35

GHS MAY 2017



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
1	2	3	4	5
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Blueberry 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	Muffin Top/Loaf + Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Cheeseburger Red Rock Variety Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Spaghetti and 2oz Roll Red Rock Variety Pizza Cheesy Broccoli 1/2c Sweet Potatoes 2/3c Italian Salad 1c Tropical Fruit 1/2c Fresh Fruit 1ea	Boneless Wings (7) 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrots and Celery 1/2c Farmer's Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Chicken Nachos & Sour Cream Salsa Dunk Cup Chef Salad & 2oz Roll PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce & Tomato 1c Fresh Fruit 1ea
8	9	10	11	12
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Spiced Apples 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Cheeseburger Stuffed Mozzarella Cheese Stix 2ea Baked Beans 1/2c Marinara Sauce Dunk Cup Veggie Dippers 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fruit Choice 1/2c	Spicy Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Beefy Nachos & Sour Cream Red Rock Variety Pizza Salsa Dunk Cup Refried Beans 2/3c Corn 1/2c Shredded Lettuce & Tomato 1c Tropical Fruit 1/2c Fresh Fruit 1ea	Chicken Drumstick - Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Spinach & Arugula Salad 1c Ranch 1oz Carrot Sticks 1/2c Peaches 1/2c Fresh Fruit 1ea Whole Grain Dessert	Asian Chicken and Rice with Egg Roll Red Rock Variety Pizza Steamed Broccoli 1/2c Crazy Cabbage 1/2c Crispy Romaine Salad 1c Ranch 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea
15	16	17	18 1 main entrée choice	19 1 main entrée choice
Pancake 'n' Sausage - Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c	Mini French Toast Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c	Manager's Choice Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c	Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c
Cheeseburger Red Rock Variety Pizza Baked Beans 1/2c Carrots 1/2c French Fries 3/4c Applesauce Cup Chilled Fruit 1/2c	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrots 1/2c Green Beans 1/2c Applesauce Cup Chilled Fruit 1/2c	Hotdog Red Rock Variety Pizza French Fries 3/4c Baked Beans 1/2c Steamed Broccoli 1/2c Applesauce Cup Chilled Fruit 1/2c	Chicken Chunks (7) & 2oz Roll Green Beans 1/2c Whipped Potatoes 1c Carrots 1/2c Applesauce Cup Chilled Fruit 1/2c	Red Rock Variety Pizza Steamed Broccoli 1/2c Corn 1/2c Pinto Beans 1/2c Applesauce Cup Chilled Fruit 1/2c

Weekly Entrée Salad Rotation - No salads the last week of school

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with Egg Roll	Buffalo Chicken Salad with Flatbread	Chicken Chunk Salad with Roll	Breaded Chicken Salad with Crackers	Grilled Chicken Butter Lettuce & Fruit Salad with Flatbread

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.

This institution is an equal opportunity provider.