

# GAINESVILLE CITY HIGH SCHOOL MENU

## May 2018

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

### SCHOOL LUNCH HERO DAY

Monday	Tuesday	Wednesday	Thursday	
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	
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	Beefy Nachos Red Rock Variety Pizza Salsa Dunk Cup Refried Beans 2/3c Corn 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea Whole Grain Dessert
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	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
Spicy Chicken Sandwich Red Rock Variety Pizza Tater Tots 12ea Cheesy Broccoli 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Chicken Nachos Stuffed Cheese Stix 2ea Salsa/Marinara Dunk Cup Ranchero Black Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	Roasted 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	Philly Steak Sandwich Hot Pocket Marinara Dunk Cup Curly Fries 3/4c Pinto Beans 1/2c Veggie Dippers 1/2c Fruit Cocktail 1/2c Fresh Fruit 1ea Whole Grain Dessert	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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Pancake 'n' Sausage - 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	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	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	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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
Cereal Bar & Cheese Cubes Grab and Go Kit Fresh & Chilled Fruit 1c	Chicken Biscuit Grab and Go Kit Fresh & Chilled Fruit 1c	Manager's Choice Grab and Go Kit Fresh & Chilled Fruit 1c	Turkey Sausage Biscuit Grab and Go Kit Fresh & Chilled Fruit 1c	Manager's Choice Grab and Go Kit Fresh & Chilled Fruit 1c
Spicy Chicken Sandwich Red Rock Variety Pizza Tater Tots 12ea Cheesy Broccoli 1/2c Carrots 1/2c Fresh & Chilled Fruit 1c	Hamburger Deep Dish Personal Pizza Baked Beans 1/2c Carrots 1/2c French Fries 3/4c Fresh & Chilled Fruit 1c	Red Rock Variety Pizza Green Beans 1/2c Sweet Potatoes 1/2c Steamed Broccoli 1/2c Fresh & Chilled Fruit 1c	Pepperoni Hot Pocket Marinara Dunk Cup Curly Fries 3/4c Baked Beans 1/2c Corn 1/2c Fresh & Chilled Fruit 1c	Red Rock Variety Pizza Green Beans 1/2c Potato Wedges 3/4c Carrots 1/2c Fresh & Chilled Fruit 1c Whole Grain Dessert

This institution is an equal opportunity provider.  
 Entrée and fresh produce choices may be limited during the last week of school.

**• Weekly Entrée Salad Rotation •**

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with Egg Roll	<i>Caesar Chicken Salad</i> with flatbread	<i>Chicken Chunk Salad</i> with 1oz Roll	<i>Buffalo Chicken Salad</i> with ½ flatbread	<i>Arugula Chicken Salad</i> with red grapes, sliced apples and flatbread

**Entrée salads are not available on the last week of school**

**• PB& J Plate Offered Daily •**

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.