

# GAINESVILLE HIGH SCHOOL MENU

## October 2017



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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</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 Pears 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Sliced Apples 1/2c	<b>Fall Break</b>
Spicy Chicken Sandwich Red Rock Variety Pizza <b>Tater Tots 12ea</b> <b>Cheesy Broccoli 1/2c</b> <b>Carrot Sticks 1/2c</b> <b>Lettuce &amp; Tomato 1c</b> Fruit Juice 6oz Fresh Fruit 1ea	Beef Burrito Sour Cream Red Rock Variety Pizza <b>Salsa Dunk Cup</b> <b>Refried Beans 2/3c</b> <b>Corn 1/2c</b> <b>Carrot Sticks 1/2c</b> <b>Shredded Lettuce &amp; Tomato 1c</b> Applesauce 1/2c Fruit Choice 1/2c	Roasted Chicken Drumstick 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Whipped Potatoes 1c</b> <b>Carrot Sticks 1/2c</b> <b>Spinach &amp; Arugula Salad 1c</b> <b>Ranch Dressing 1oz</b> Peaches 1/2c Fresh Fruit 1ea	Chicken Chunks (7) 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Potato Wedges 3/4c</b> <b>Carrot Sticks 1/2c</b> <b>Farmer's Garden Salad 1c</b> <b>Ranch Dressing 1oz</b> Pineapple Tidbits 1/2c Fresh Fruit 1ea	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>National School Lunch Week and Farm to School Month!</b>   		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 Strawberries 1/2c
		Breaded Chicken Drumstick 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Whipped Potatoes 1c</b> <b>Carrot Sticks 1/2c</b> <b>Spinach &amp; Arugula Salad 1c</b> <b>Ranch Dressing 1oz</b> Peaches 1/2c Fresh Fruit 1ea	Philly Steak Sandwich Hot Pocket- Turkey Pepperoni <b>Marinara Sauce Dunk Cup</b> <b>Curly Fries 3/4c</b> <b>Baked Beans 1/2c</b> <b>Fancy Greens Salad 1c</b> <b>Ranch Dressing 1oz</b> Fruit Cocktail 1/2c Fresh Fruit 1ea	Chicken Chunks (7) 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Potato Wedges 3/4c</b> <b>Carrot Sticks 1/2c</b> <b>Farmer's Garden Salad 1c</b> <b>Ranch Dressing 1oz</b> Pineapple Tidbits 1/2c Fruit Choice Whole Grain Dessert
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</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) 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Whipped Potatoes 1c</b> <b>Carrot Sticks 1/2c</b> <b>Farmer's Garden Salad 1c</b> <b>Ranch Dressing 1oz</b> Peaches 1/2c Fresh Fruit 1ea	Cheeseburger Deep Dish Personal Pizza <b>Baked Beans 1/2c</b> <b>Carrot Sticks 1/2c</b> <b>French Fries 3/4c</b> <b>Lettuce &amp; Tomato 1c</b> Tropical Fruit 1/2c Fresh Fruit 1ea	Chicken Sandwich Red Rock Variety Pizza <b>Tater Tots 12ea</b> <b>Zesty Greens 1/2c</b> <b>Carrot Sticks 1/2c</b> <b>Lettuce &amp; Tomato 1c</b> Fruit Juice 6oz Fresh Fruit 1ea	Asian Chicken and Rice with Egg Roll Red Rock Variety Pizza <b>Steamed Broccoli 1/2c</b> <b>Carrot Sticks 1/2c</b> <b>Oriental Salad 1c</b> Mandarin Oranges 1/2c Fresh Fruit 1ea	Spaghetti and Meat Sauce 2oz Roll Red Rock Variety Pizza <b>Green Beans 1/2c</b> <b>Corn 1/2c</b> <b>Sweet Potatoes 1/2c</b> <b>Italian Salad 1c</b> Applesauce 1/2c Fresh Fruit 1ea Whole Grain Dessert

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23	24	25	26	27
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 Pears 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 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	Beef Burrito 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 Fruit Choice 1/2c	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 Stuffed Mozzarella Cheese Stix 2ea Marinara Sauce Dunk Cup Curly Fries 3/4c Pinto Beans 1/2c Veggie Dippers 1/2c Fruit Cocktail 1/2c Fresh Fruit 1ea	Chicken Chunks (7) 2oz 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
30	31	1	2	3
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	Chicken Alfredo 1oz Roll Red Rock Variety Pizza Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c 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	Boneless Wings (7) 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Farmer's Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea Whole Grain Dessert

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	Grilled Chicken Butter Lettuce and Watermelon 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.

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