## GAINESVILLE HIGH SCHOOL MENU

# **OCTOBER 2018**

Adult Breakfast: \$2.00 Adult Lunch: \$3.50 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
1	2	3	4	5
Cereal Bar &	Chicken Biscuit	Mini Waffles	Steak Biscuit	French Toast Sticks (4)
Cheese Cubes	Cereal Choices	with Syrup	Cereal Choices	with Syrup
Cereal Choices	Fresh Fruit 1 ea	Cereal Choices Fresh Fruit 1ea	Fresh Fruit 1 ea	Cereal Choices Fruit Juice 6oz
Fruit Juice 6oz Banana 1 ea	Tropical Fruit 1/2c	Pears 1/2c	Sliced Apples 1/2c	Strawberries 1/2c
Chicken Nuggets (7)		Breaded Chicken	Walking Chicken Taco	Chicken Sandwich
1 oz Roll	Bacon Cheeseburger	Drumstick	Sour Cream & <mark>Salsa</mark>	Cheesy Broccoli 1/2c
Steamed Squash 1/2c	Baked Beans 1/2c Oven Fries 3/4c	1oz Roll	Pinto Beans 1/2c	Tater Tots 12ea
Whipped Potatoes 1c Carrot Sticks 1/2c	Carrot Sticks 1/2c	Green Beans 1/2c Sweet Potatoes 1/2c	Corn 1/2c Carrot Sticks 1/2c	Carrot Sticks 1/2c Butter Lettuce Salad 1c
Garden Salad 1c	Lettuce & Tomato 1c	Super Spinach Salad 1c	Shredded Lettuce	Balsamic 1oz
Ranch Dressing 1oz	Applesauce Cup	Ranch 1oz	& Tomato 1c	Pineapple 1/2c
Mandarin Oranges 1/2c	Fresh Fruit 1ea	Peaches 1/2c	Fruit Juice 6oz	Fresh Fruit 1ea
Fresh Fruit 1ea		Fresh Fruit 1ea	Fresh Fruit 1ea	
8	9	10	11	12
Nati	onal	Breakfast Bun Cereal Choices	Ham Biscuit Cereal Choices	Bacon, Egg, & Cheese Stuffed Breadstick
		Fruit Juice 6oz	Fresh Fruit 1ea	Cereal Choices
School Lu	nch Week	Pears 1/2c	Sliced Apples 1/2c	Fruit Juice 6oz
		,	1 2 ,	Strawberries 1/2c
OCTOBER *	15-19, 2018	Spicy Chicken	Crispitos (2)	Hotdog
<i>I</i> /		Sandwich Oven Fries 3/4c	Sour Cream & Salsa Refried Beans 1/2c	Onion Rings (5) Baked Beans 1/2c
		Carrot Sticks 1/2c	Corn 1/2c	Coleslaw 1/2c
sehad	ol lunch	Garden Salad 1c	Carrot Sticks 1/2c	Fancy Greens Salad 1c
	ts 7	Ranch 1oz	Romaine Salad 1c	Ranch 1oz
	IIE	Applesauce Cup Fresh Fruit 1ea	Ranch 1oz Fruit Juice 6oz	Pineapple 1/2c Fresh Fruit 1ea
		Piesii Piuti iea	Fresh Fruit 1ea	Whole Grain Dessert
15	16	17	18	19
Poptart & Cheese Stick	Chicken Biscuit	Mini Bagels	Steak Biscuit	Dutch Waffle
Cereal Choices Fruit Juice 6oz	Cereal Choices	Cereal Choices Fruit Juice 6oz	Cereal Choices Fresh Fruit 1ea	Cereal Choices
Banana 1 ea	Fresh Fruit 1 ea Tropical Fruit 1/2c	Pears 1/2c	Fruit Cocktail 1/2c	Cinnamon Spiced Apples 2/3c
	riopiour rune r/ ac	1 5415 1, 25	11011 000111011 1/20	Fruit Juice 6oz
Chicken Nuggets (7)	Cheeseburger or	Breaded Drumstick	Chicken Nachos	Chicken Sandwich
1oz Roll	Hamburger	1oz Roll	Sour Cream & Salsa	Cheesy Broccoli 1/2c
Whipped Potatoes 1c Steamed Squash 1/2c	Baked Beans 1/2c Oven Fries 3/4c	Green Beans 1/2c Sweet Potatoes 1c	Black Beans 1/2c Corn 1/2c	Jumbo Tots 3 each Carrot Sticks 1/2c
Carrot Sticks 1/2c	Carrot Sticks 1/2c	Super Spinach Salad 1c	Carrot Sticks 1/2c	Butter Lettuce Salad 1c
Garden Salad 1c	Lettuce & Tomato 1c	Ranch 1oz	Shredded Lettuce	Balsamic 1oz
Ranch 1oz	Applesauce Cup	Peaches 1/2c	& Tomato 1c	Pineapple 1/2c
Mandarin Oranges 1/2c Fresh Fruit 1ea	Fresh Fruit 1ea	Fresh Fruit 1ea	Fruit Juice 6oz Fresh Fruit 1ea	Fresh Fruit 1ea Whole Grain Dessert
	22	24		
Mini Cinnis	Chicken Biscuit	Danastra Causaga Stialt	25	Muffin & Vocant
Cereal Choices	Chicken Biscuit Cereal Choices	Pancake-Sausage Stick  with Syrup	Ham Biscuit Cereal Choices	Muffin & Yogurt 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	Sliced Apples 1/2c	Strawberries 1/2c
Boneless Wings (7)	Hotdog	Mac and Cheese	Beefy Nachos	Spicy Chicken
1 oz Roll	Onion Rings (5)	with Garlic Bread	Sour Cream & <mark>Salsa</mark>	Sandwich
Green Beans 1/2c	Baked Beans 1/2c	Zesty Greens 1/2c	Refried Beans 1/2c	Oven Fries 3/4c
Whipped Potatoes 1c Celery Sticks 1 bag	Coleslaw 1/Dom2c	Sweet Potatoes 1/2c Garden Salad 1c	Corn 1/2c Carrot Sticks 1/2c	Carrot Sticks 1/2c Romaine Salad 1c
Caesar Salad 1c	Fancy Greens Salad 1c Ranch 1oz	Ranch loz	Shredded Lettuce	Romaine Salad 1c  Ranch 1oz
Mandarin Oranges 1/2c	Applesauce Cup	Peaches 1/2c	& Tomato 1c	Pineapple 1/2c
Fresh Fruit 1ea	Fresh Fruit 1ea	Fresh Fruit 1ea	Fruit Juice 6oz	Fresh Fruit 1ea
			Fresh Fruit 1ea	
			Fruit Juice 6oz	

29	30	31	1	2
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1ea Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks (4)  with Syrup  Cereal Choices  Fruit Juice 6oz  Strawberries 1/2c
Chicken Nuggets (7)  1oz Roll  Steamed Squash 1/2c  Whipped Potatoes 1c  Carrot Sticks 1/2c  Garden Salad 1c  Ranch Dressing 1oz  Mandarin Oranges 1/2c  Fresh Fruit 1ea	Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1ea	Breaded Drumstick  1oz Roll  Green Beans 1/2c  Sweet Potatoes 1/2c  Super Spinach Salad 1c  Ranch 1oz  Peaches 1/2c  Fresh Fruit 1ea	Bacon Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Domino's Pizza Friday!  Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1ea

#### • 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 1oz Roll	with 1oz Roll	with 1oz Roll	with flatbread

### • Weekly Pizza Line •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish	Red Rock Variety	Mozzarella Sticks or Calzone	Deep Dish or 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.