

GAINESVILLE CITY HIGH SCHOOL MENU

SEPTEMBER 2019

Adult breakfast: \$2.00
 Adult lunch: \$3.50
 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
2 Holiday	3	4	5	6
	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Mini Bagels Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Dutch Waffle Cereal Choices Spiced Apples ½ cup Fruit Juice 6 oz.
	Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Lettuce, Tomato, & Onion Applesauce Cup Fresh Fruit 1 each	Breaded Drumstick 1 oz. Roll Green Beans ½ cup Sweet Potatoes 1 cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup Fresh Fruit 1 each	Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Shredded Lettuce & Tomato 1 cup Fruit Juice 6 oz. Fresh Fruit 1 each	Chicken Sandwich Cheesy Broccoli ½ cup Jumbo Tots 3 each Carrot Sticks ½ cup Butter Lettuce Salad 1 cup Balsamic 1 oz. Pineapple ½ cup Fresh Fruit 1 each
9	10	11	12	13
Breakfast Pizza Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Pancake-Sausage Stick with Syrup Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Ham Biscuit Cereal Choices Fresh Fruit 1 each Applesauce Cup	Muffin & Yogurt Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Boneless Wings (7) 1 oz. Roll Parmesan Broccoli ½ cup Whipped Potatoes 1 cup Garden Salad 1 cup Ranch 1 oz. Mandarin Oranges ½ cup Fresh Fruit 1 each	Corndog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries 3/4c Fancy Greens Salad 1 cup Ranch 1 oz. Applesauce Cup Fresh Fruit 1 each	Mac and Cheese with Garlic Bread Green Beans ½ cup Carrot Sticks ½ cup Caesar Salad 1 cup Peaches ½ cup Fresh Fruit 1 each	Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Shredded Lettuce & Tomato 1 cup Fruit Juice 6 oz. Fresh Fruit 1 each	Spicy Chicken Sandwich Oven Fries ¾ cup Carrot Sticks ½ cup Romaine Salad 1 cup Ranch 1 oz. Pineapple ½ cup Fresh Fruit 1 each Whole Grain Dessert
16	17	18	19	20 Blueberry Popsicle Month
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Mini Waffles with Syrup Cereal Choices Fresh Fruit 1 each Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Applesauce Cup	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Chicken Nuggets (7) 1 oz. Roll Cucumber Slices ½ cup Whipped Potatoes 1 cup Garden Salad 1 cup Ranch Dressing 1 oz. Mandarin Oranges ½ cup Fresh Fruit 1 each	Bacon Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Lettuce, Tomato, & Onion Applesauce Cup Fresh Fruit 1 each	Breaded Drumstick 1 oz. Roll Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup Fresh Fruit 1 each	Walking Chicken Taco Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Shredded Lettuce & Tomato 1 cup Fruit Juice 6 oz. Fresh Fruit 1 each	Chicken Sandwich Cheesy Broccoli ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Sunshine Salad 1 cup Pineapple ½ cup Fresh Fruit 1 each Mixed Berry JonnyPops
23	24	25	26 World School Milk Day	27
Breakfast Bun Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Mini Pancakes with Syrup Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Ham Biscuit Cereal Choices Fresh Fruit 1 each Applesauce Cup	Blueberry Breakfast Twists Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Cherry Blossom Chicken with Rice & Eggroll Zesty Cauliflower ½ cup Sesame Carrot Salad ½ cup Celery Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Hotdog Onion Rings (5) Baked Beans ½ cup Coleslaw ½ cup Diced Onions 2 oz. Carrot Sticks 1/2c Applesauce Cup Fresh Fruit 1 each	Crisпитos (2) Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Romaine Salad 1 cup Ranch 1 oz. Fruit Juice 6 oz. Fresh Fruit 1 each	Spicy Chicken Sandwich Green Beans ½ cup Oven Fries ¾ cup Garden Salad 1 cup Ranch 1 oz. Pineapple ½ cup Fresh Fruit 1 each Whole Grain Dessert	Domino's Pizza! Corn ½ cup Steamed Broccoli ½ cup Carrot Sticks ½ cup Italian Salad 1 cup Pineapple ½ cup Fresh Fruit 1 each



Q: What do you call a banana that likes to dance? A: A banana shake!

30	1	2	3	4
Poptart & Cheese Stick Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Belvita & Yogurt Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Dutch Waffle Cereal Choices Spiced Apples ½ cup Fruit Juice 6 oz.
Chicken Nuggets (7) 1 oz. Roll Steamed Squash ½ cup Whipped Potatoes 1 cup Garden Salad 1 cup Ranch 1 oz. Mandarin Oranges ½ cup Fresh Fruit 1 each	Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Lettuce, Tomato, & Onion Applesauce Cup Fresh Fruit 1 each	Breaded Drumstick 1 oz. Roll Green Beans ½ cup Sweet Potatoes 1 cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup Fresh Fruit 1 each	Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Shredded Lettuce & Tomato 1 cup Fruit Juice 6 oz. Fresh Fruit 1 each	Chicken Sandwich Cheesy Broccoli ½ cup Jumbo Tots 3 each Carrot Sticks ½ cup Butter Lettuce Salad 1 cup Balsamic 1 oz. Pineapple ½ cup Fresh Fruit 1 each Whole Grain Dessert

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with egg roll	Chicken BTL Salad with 1oz roll	Chicken Nugget Salad with 1oz roll	Buffalo Chicken Salad with 1oz roll	Caesar Chicken Salad with flatbread

• Weekly Pizza Line •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish Variety	Red Rock Variety	Mozzarella Sticks (3) or Pepperoni Hot Pocket	Red Rock Variety or Domino's Smart Slice

• Peanut Butter and Jelly Sandwich Plate Offered Daily •

• September Events •

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| <ul style="list-style-type: none"> › Childhood Cancer Awareness Month › Classical Music Month › Fruits & Veggies - More Matters Month › Library Card Sign-up Month › National Chicken Month | <ul style="list-style-type: none"> › National Courtesy Month › National Food Safety Education Month › National Hispanic Heritage Month › National Honey Month › National Honey Month | <ul style="list-style-type: none"> › National Mushroom Month › National Potato Month › National Rice Month › National Whole Grains Month › 26th- World School Milk Day |
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Sack lunches are for field trips only. They include a peanut butter & jelly sandwich, fruit, vegetable, and milk. If your child has a peanut allergy, soy butter is available upon request. Let your child's teacher know to request the soy butter sandwich (peanut free, but contains milk, wheat, and soy).