

GAINESVILLE CITY MIDDLE SCHOOL MENU

Adult Breakfast: \$2.00
 Adult Lunch: \$3.50
 Students Eat at No Cost
 Extra milk is \$0.35

APRIL 2019



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
8 No Entrée Salads	9 No Entrée Salads	10	11	12
Breakfast Pizza Cereal Choices Fruit Juice 6oz Tropical Fruit 1/2c	Chicken Biscuit Cereal Choices Fruit Juice 6oz Fruit Cocktail 1/2c	Pancake-Sausage Stick <i>with Syrup</i> Cereal Choices Fresh Fruit 1 ea Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1 ea Mandarin Oranges 1/2c	Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Home-style or Spicy Chicken Sandwich Green Beans 1/2c Whipped Potatoes 1/2c Glazed Carrots 1/2c Applesauce Cup	Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Corn 1/2c Parmesan Broccoli 1/2c Mixed Veggies 1/2c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Beefy Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Corndog Fish Sandwich Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
15	16	17	18	19
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Mandarin Oranges 1/2c	French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable Steamed Squash 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Cheese Pizza PBJ & Chips Steamed Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Crunchy Chicken Taco <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Ranchero Beans 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Hamburger Grilled Cheese & Yogurt Baked Beans 1/2c Oven Fries 1/2c Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert
22	23	24	25	26
Breakfast Bun Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Mini Pancakes <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Applesauce Cup	Mini Cinnis Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Cherry Blossom Chicken Munchable Fried Rice NEW Sesame Carrot Salad 1/2c Celery Sticks 1 bag Mandarin Oranges 1/2c	Pepperoni Pizza PBJ & Chips Cheesy Broccoli 1/2c Corn 1/2c Italian Salad 1c Pineapple 1/2c	Spaghetti & Meat Sauce <i>with Garlic Bread</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Crispitos (2) <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz	Home-style or Spicy Chicken Sandwich Whipped Potatoes 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Yogurt Choice
29	30	1	2	3
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1ea Pineapple 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable Steamed Squash 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Chicken Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Cheeseburger PBJ & Cheese Stick Baked Beans 1/2c Coleslaw 1/2c Oven Fries 1/2c Fruit Juice 6oz Yogurt Choice	Domino's Pizza Friday! Corn 1/2c Steamed Broccoli 1/2c Veggie Juice 4oz Carrot Sticks 1/2c Manager's Choice Fruit

Q: What did the burger name her daughter? A: Patty!

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with egg roll	<i>Chicken BLT Salad</i> with 1oz roll	<i>Chicken Caesar Salad</i> with flatbread	<i>Buffalo Chicken Salad</i> with 1oz roll	<i>Veggie Burger</i> Fish sandwich on 4/12

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). 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. *Munchable contains RF cheese cubes, sunflower seeds, crackers, & munchie mix