

# GAINESVILLE CITY MIDDLE SCHOOL MENU

## February 2018

SILVER AWARD WINNER



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>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
			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
			Personal Pepperoni Pizza Breaded Chicken Salad & Goldfish PBJ & Cheese stick Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 6oz Fresh Fruit 1 ea	Chili Dog Munchable Curly Fries 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Applesauce Cup Whole grain dessert
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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 Fruit Cocktail 1/2c	Mini French Toast Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Pears 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 Spicy Chicken Sandwich Munchable Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheeseburger Breaded Chicken Salad & Goldfish PBJ & Cheese stick Baked Beans 1/2c Tater Tots 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 6oz Fresh Fruit 1 ea	Crunchy Beef Taco Sour Cream Chef Salad & 2oz Roll Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Ranchero Black Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Chicken Alfredo-2oz Roll Chicken Caesar Salad with Flatbread PBJ & Cheese Puffs Steamed Broccoli 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Spicy Nuggets (6) -1oz Roll Deli Sub Munchable Green Beans 1/2c Whipped Potatoes 1/2c Spring Mix Salad 1c Ranch 1oz Mandarin Oranges 1/2c Whole grain dessert
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cereal Bar & Cheese Cubes 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 Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 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 Chilled Fruit 1/2c
Chicken Nuggets (6) -1oz Roll Munchable PBJ & Cheese stick Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Hot Pocket Marinara Dunk Cup Chicken Caesar Salad with Flatbread PBJ & Cheese Puffs Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Breaded Chicken Drumstick 1oz Roll Chef Salad & 2oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Personal Cheese Pizza Breaded Chicken Salad & Goldfish PBJ & Cheese stick Carrot Sticks 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 6oz Fresh Fruit 1 ea	Hotdog & Cheese Puffs Deli Sub Munchable Baked Beans 1/2c Steamed Broccoli 1/2c Glazed Carrots 1/2c Pineapple 1/2c



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## Winter Break

26	27	28	1	2
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Pancakes and Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Pears 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c
Asian Chicken Nuggets Chicken Caesar Salad with Flatbread Munchable Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c	Cheeseburger Breaded Chicken Salad & Goldfish PBJ & Cheese stick Baked Beans 1/2c Tater Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fresh Fruit 1 ea	Chicken Sandwich Spicy Chicken Sandwich Munchable Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Peaches 1/2c	Beefy Nachos Sour Cream Salsa Dunk Cup Chef Salad & 2oz Roll Grilled Cheese & Yogurt Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Fruit Juice 6oz Fresh Fruit 1 ea	Chili & Cheese Toast Deli Sub PBJ & Cheese Puffs Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup Whole grain dessert

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.



# EAT YOUR BROCCOLI

### Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in \_\_\_\_\_.  
 A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides \_\_\_\_\_.  
 A.) fiber B.) vitamin A C.) vitamin C D.) all three
- Which state grows the most broccoli in the United States?  
 A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

### Reasons to Eat Broccoli

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

### Folate Champions\*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.



### Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

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