

# GAINESVILLE CITY SCHOOLS

## GMS May 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>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Blueberry Pancakes and Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Muffin Top or Loaf and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Boneless Wings (6) with Roll Cheese Plate* PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Spring Mix Salad 1c Ranch 1oz Peaches 1/2c	Cheeseburger Grilled Chicken Salad & Flatbread PBJ & Cheese Puffs Baked Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz	Spaghetti with 1oz Roll Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Sweet Potatoes 2/3c Italian Salad 1c Applesauce 1/2c	Chicken Nachos & Sour Cream Salsa Dunk Cup Chef Salad & 2oz Roll PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Chicken Sandwich BBQ Pork Sandwich Cheese Plate* Baked Beans 1/2c French Fries 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Mandarin Oranges 1/2c
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Spiced Apples 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Nuggets (6) and 1oz Roll Cheese Plate* PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Steamed Broccoli 1/2c Peaches 1/2c	Stuffed Mozzarella Breadsticks Marinara Dunk Cup Grilled Chicken Salad & Flatbread PBJ & Cheese Puffs Corn on the cob 1/2c Zesty Spinach & Kale 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Corn Dog Pups (6) Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Baked Beans 1/2c Coleslaw 1/2c Carrot sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce 1/2c	Stuffed Crust Pepperoni Pizza Chef Salad & 2oz Roll PBJ & Cheese Stick Marinara Dunk Cup Steamed Broccoli 1/2c Corn 1/2c Tossed Salad 1c Italian 1oz Pineapple Tidbits 1/2c	Chicken Drumstick – 2oz Roll Cheese Plate* Deli Sub Green Beans 1/2c Whipped Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Mini French Toast Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Manager's Choice Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c
Boneless Wings (6) - Roll PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Veggie Juice Chilled Fruit 1/2c	Cheeseburger PBJ & Popchips Carrot sticks 1/2c French Fries 1/2c Veggie Juice Chilled Fruit 1/2c	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Veggie Juice Chilled Fruit 1/2c	Stuffed Crust Cheese Pizza Manager's Choice Marinara Dunk Cup Green Beans 1/2c Corn 1/2c Chilled Fruit 1/2c	Chicken Sandwich Cheese Plate* Steamed Broccoli 1/2c Potato Smiles 6ea Veggie Juice Chilled Fruit 1/2c

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.

This institution is an equal opportunity provider.

\*Cheese Plate contains RF cheese cubes, soft pretzel, soy butter, crackers & apple slices.