

GAINESVILLE CITY MIDDLE SCHOOL MENU

May 2018

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

SCHOOL LUNCH HERO DAY

Monday	Tuesday	Wednesday	Thursday	
30	1	2	3	
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	
Chicken Sandwich Spicy Chicken Sandwich Munchable Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Peaches 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	Asian Chicken Nuggets Chicken Caesar Salad with Flatbread Munchable Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c	Pepperoni Pizza Deli Sub PBJ & Cheese Puffs Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	
7	8	9	10	11
Poptart and Cheese Stick 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 Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	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
Chicken Nuggets (6) 1oz Roll PBJ & Cheese stick Munchable Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Mozzarella Breadsticks 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	Roasted Chicken Drumstick 2oz 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 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	Philly Steak Sandwich Corn Dog Munchable Curly Fries 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Whole grain dessert
14	15	16	17	18
Pancake 'n' Sausage- 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	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	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	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	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
21	22	23	24	25
Cereal Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fresh or Chilled Fruit 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fresh or Chilled Fruit 1/2c	Mini Waffles Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fresh or Chilled Fruit 1/2c	Manager's Choice Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fresh or Chilled Fruit 1/2c	Manager's Choice Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Fresh or Chilled Fruit 1/2c
Chicken Nuggets (6) 1oz Roll Munchable Green Beans 1/2c Whipped Potatoes 1/2c Cheesy Broccoli 1/2c Fresh or Chilled Fruit 1/2c	Hot Pocket PBJ & Cheese Puffs Marinara Dunk Cup Corn 1/2c Parmesan Broccoli 1/2c Fresh or Chilled Fruit 1/2c	Breaded Chicken Drumstick - 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Veggie Juice 1/2c Fresh or Chilled Fruit 1/2c	Personal Cheese Pizza PBJ & Cheese Stick Steamed Broccoli 1/2c Corn 1/2c Pinto or Black Beans 1/2c Fresh or Chilled Fruit 1/2c	Hotdog Munchable Baked Beans 1/2c Carrots 1/2c French Fries 1/2c Fresh or Chilled Fruit 1/2c Whole Grain Dessert

Entrée and fresh produce choices may be limited during the last week of school. Sack lunches are for field trips only, let manager know if soy sandwich is needed.

This institution is an equal opportunity provider.