

GAINESVILLE CITY MIDDLE MENU

National
Chicken
Month



SEPTEMBER 2018

Adult Breakfast: \$2.00
Adult Lunch: \$3.50
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
3	4	5	6	7
<p><i>What do you get when you cross a potato with an elephant?</i></p>  <p style="color: red; font-weight: bold;">Mashed Potatoes!</p>	<p>Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c</p> <hr/> <p>Cheese Pizza PBJ & Chips Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Sliced Cucumbers 1/2c Mandarin Oranges 1/2c</p>	<p>Mini Waffles <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c</p> <hr/> <p>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</p>	<p>Steak Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c</p> <hr/> <p>Crunchy Chicken Taco <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Ranchero Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz</p>	<p>French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p> <hr/> <p>Hamburger Grilled Cheese & Yogurt Baked Beans 1/2c Jumbo Tots 3ea Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert</p>
10	11	12	13 National Peanut Day	14
<p>Breakfast Bun Cereal Choices Fruit Juice 6oz Banana 1 ea</p>	<p>Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c</p>	<p>Mini Pancakes <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c</p>	<p>Steak Biscuit Cereal Choices Fresh Fruit 1ea Sliced Apples 1/2c</p>	<p>Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p>
<p>Chicken Chow Mein Munchable Mixed Vegetables 1/2c Carrots or Celery 1 bag Oriental Salad 1c Mandarin Oranges 1/2c</p>	<p>Pepperoni Pizza PBJ & Cheese Stick Cheesy Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Applesauce Cup</p>	<p>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</p>	<p>Crispitos (2) <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz</p>	<p>Corndog Turkey/Cheese Croissant Chips Baked Beans 1/2c Tater Tots 12ea Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea</p>
17	18	19	20	21
<p>Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea</p>	<p>Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c</p>	<p>Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c</p>	<p>Ham Biscuit Cereal Choices Fresh Fruit 1ea Pineapple 1/2c</p>	<p>Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz</p>
<p>Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable Green Peas 1/2c Carrot Sticks 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup</p>	<p>Mozzarella Breadsticks PBJ & Chips Marinara Dunk Cup Steamed Squash 1/2c Parmesan Broccoli 1/2c Italian Salad 1c Mandarin Oranges 1/2c</p>	<p>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</p>	<p>Chicken Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz</p>	<p>Cheeseburger Grilled Cheese & Yogurt Baked Beans 1/2c Oven Fries 1/2c Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert</p>
24	25	26	27	28
<p>Breakfast Pizza Cereal Choices Fruit Juice 6oz Banana 1 ea</p>	<p>Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c</p>	<p>Pancake-Sausage Stick <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c</p>	<p>Ham Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c</p>	<p>Muffin & Yogurt Breakfast Pizza Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p>
<p>Chicken Sandwich Munchable Potato Smiles 6ea Green Beans 1/2c Carrot Sticks 1/2c Crispy Romaine Salad 1c Italian 1oz Applesauce Cup</p>	<p>Hotdog Ham/Cheese Croissant Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c</p>	<p>Mac and Cheese <i>with Garlic Bread</i> Munchable Collard Greens 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c</p>	<p>Beefy Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz</p>	<p style="color: red; font-weight: bold;">Pizza Friday!</p> <p>Grilled Cheese & Yogurt Corn 1/2c Parmesan Broccoli 1/2c Italian Salad 1c Pineapple 1/2c</p>

This institution is an equal opportunity provider.

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



• **Weekly Pick of the Garden Entrees** •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with Egg Roll	<i>Caesar Chicken Salad</i> with flatbread	<i>Chicken Chunk Salad</i> with 1oz Roll	<i>Buffalo Chicken Salad</i> with ½ flatbread	<i>Veggie Burger</i> <i>Upon request, please email manager by 9:00am</i>

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.

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