

GAINESVILLE CITY MIDDLE SCHOOL MENU

SEPTEMBER 2019

Adult breakfast: \$2.00
 Adult lunch: \$3.50
 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
2 Holiday	3	4	5	6
	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Mini Bagels Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	Dutch Waffle Cereal Choices Spiced Apples ½ cup Fruit Juice 6 oz.
	Cheesy French Bread <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli ½ cup Carrot Sticks ½ cup Caesar Salad 1 cup Pineapple ½ cup	Breaded Drumstick with 1 oz. Roll Munchable Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup	Chicken Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn ½ cup Pinto Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 6 oz.	Cheeseburger Grilled Cheese & Yogurt Baked Beans ½ cup Oven Fries ½ cup Lettuce & Tomato 1 cup Fresh Fruit 1 each Whole Grain Dessert
9	10	11	12	13
Breakfast Pizza Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Pancake-Sausage Stick with Syrup Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Ham Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	Muffin & Yogurt Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Home-style or Spicy Chicken Sandwich Green Beans ½ cup Whipped Potatoes ½ cup Cherry Tomatoes ½ cup Romaine Salad 1 cup Ranch 1 oz. Applesauce Cup	Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Corn ½ cup Parmesan Broccoli ½ cup Italian Salad 1 cup Pineapple ½ cup	Mac and Cheese with Garlic Bread Munchable Zesty Greens ½ cup Sweet Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Peaches ½ cup	Beefy Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn ½ cup Refried Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 6 oz.	Hotdog Ham & Cheese Croissant Chips Coleslaw ½ cup Baked Beans ½ cup Fancy Greens Salad 1 cup Ranch 1 oz. Fresh Fruit 1 each Whole Grain Dessert
16	17	18	19	20 Blueberry Popsicle Month
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Mini Waffles with Syrup Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	French Toast Sticks (4) with Syrup Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Chicken Nuggets (6) with 1 oz. Roll Munchable Cucumber Slices ½ cup Whipped Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Applesauce Cup	Cheese Pizza PBJ & Chips Steamed Broccoli ½ cup Corn ½ cup Carrot Sticks ½ cup Italian Salad 1 cup Pineapple ½ cup	Breaded Drumstick with 1 oz. Roll Munchable Green Beans ½ cup Sweet Potatoes ½ cup Sunshine Salad 1 cup Peaches ½ cup	Crunchy Chicken Taco <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn ½ cup Ranchero Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 6 oz.	Hamburger Grilled Cheese & Yogurt Baked Beans ½ cup Oven Fries ½ cup Lettuce & Tomato 1 cup Fresh Fruit 1 each Mixed Berry JonnyPops
23	24	25	26 World School Milk Day	27
Breakfast Bun Cereal Choices Fruit Juice 6 oz. Banana 1 each	Ham Biscuit Cereal Choices Fresh Fruit 1 each Fruit Cocktail ½ cup	Mini Pancakes with Syrup Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Applesauce Cup	Blueberry Breakfast Twists Cereal Choices Fruit Juice 6 oz. Strawberries ½ cup
Cherry Blossom Chicken with Egg Roll Munchable Steamed Cauliflower ½ cup Sesame Carrot Salad ½ cup Celery Sticks ½ cup Mandarin Oranges ½ cup	Home-style or Spicy Chicken Sandwich Whipped Potatoes ½ cup Baked Beans ½ cup Fancy Greens Salad 1 cup Ranch 1 oz. Fresh Fruit 1 each Yogurt	Crispito & Taquito Combo <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans ½ cup Corn ½ cup NEW - Pico Slaw ½ cup Fruit Juice 6 oz.	Spaghetti & Meat Sauce with Garlic Bread Munchable Green Beans ½ cup Sweet Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Peaches ½ cup	Domino's Pizza! Corn ½ cup Steamed Broccoli ½ cup Veggie Juice 4 oz. Carrot Sticks ½ cup Manager's Choice Fruit



Q: What do you call a banana that likes to dance? A: A banana shake!

30	1	2	3	4
Poptart & Cheese Stick Cereal Choices Fruit Juice 6 oz. Banana 1 each	Chicken Biscuit Cereal Choices Fresh Fruit 1 each Tropical Fruit ½ cup	Mini Bagels Cereal Choices Fruit Juice 6 oz. Pears ½ cup	Steak Biscuit Cereal Choices Fresh Fruit 1 each Mandarin Oranges ½ cup	Dutch Waffle Cereal Choices Spiced Apples ½ cup Fruit Juice 6 oz.
Chicken Nuggets (6) with 1 oz. Roll Munchable Steamed Squash ½ cup Whipped Potatoes ½ cup Garden Salad 1 cup Ranch 1 oz. Applesauce Cup	Cheesy French Bread/stuffed stix Marinara Dunk Cup PBJ & Chips Steamed Broccoli ½ cup Carrot Sticks ½ cup Caesar Salad 1 cup Pineapple ½ cup	Breaded Drumstick with 1 oz. Roll Munchable Green Beans ½ cup Sweet Potatoes ½ cup Super Spinach Salad 1 cup Ranch 1 oz. Peaches ½ cup	Chicken Nachos Sour Cream & Salsa PBJ & Cheese Stick Corn ½ cup Pinto Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 6 oz.	Cheeseburger Grilled Cheese & Yogurt Baked Beans ½ cup Oven Fries ½ cup Lettuce & Tomato 1 cup Fresh Fruit 1 each Whole Grain Dessert

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with egg roll	Chicken BLT Salad with 1oz roll	Chicken Caesar Salad with flatbread	Buffalo Chicken Salad with 1oz roll	Veggie Burger

• September Events •

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| <ul style="list-style-type: none"> › Childhood Cancer Awareness Month › Classical Music Month › Fruits & Veggies - More Matters Month › Library Card Sign-up Month › National Chicken Month | <ul style="list-style-type: none"> › National Courtesy Month › National Food Safety Education Month › National Hispanic Heritage Month › National Honey Month › National Honey Month | <ul style="list-style-type: none"> › National Mushroom Month › National Potato Month › National Rice Month › National Whole Grains Month › 26th- World School Milk Day |
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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