

GAINESVILLE CITY MIDDLE SCHOOL MENU

AUGUST 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
		8	9	10
		Cereal Bar & Cheese Cubes Cereal Choices Fresh Fruit 1ea Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles <i>with Syrup</i> Cereal Choices Fresh Fruit 1ea Fruit Juice 6oz
		Cheese Pizza PBJ & Chips Parmesan Broccoli 1/2c Corn 1/2c Italian Salad 1c Sliced Cucumbers 1/2c Mandarin Oranges 1/2c	Hamburger Grilled Cheese & Yogurt Baked Beans 1/2c Jumbo Tots 3ea Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea	Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable Steamed Squash 1/2c Whipped Potatoes 1/2c Carrot Sticks 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup
13	14	15	16	17
Breakfast Bun Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Mini Pancakes <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1ea Sliced Apples 1/2c	Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Asian Chicken Nuggets Munchable Mixed Vegetable Chow Mein 1/2c Carrots or Celery 1 bag Oriental Salad 1c Mandarin Oranges 1/2c	Pepperoni Pizza PBJ & Cheese Stick Parmesan Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Spaghetti & Meat Sauce <i>with Garlic Bread</i> Munchable Green Beans 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Crispitos (2) <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz	Corndog Turkey & Cheese Croissant Chips Baked Beans 1/2c Tater Tots 12ea Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
20	21	22	23	24
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Pineapple 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
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	Mozzarella Breadsticks PBJ & Chips Marinara Dunk Cup Steamed Squash 1/2c Cheesy Broccoli 1/2c Italian Salad 1c Mandarin Oranges 1/2c	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	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	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
27	28	29	30	31
Muffin & Yogurt Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Pancake-Sausage Stick <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Sandwich Munchable Potato Smiles 6ea Green Beans 1/2c Carrot Sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce Cup	Hotdog Ham & Cheese Croissant Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea	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	Beefy Nachos <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Pizza Friday! PBJ & Chips Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c

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.

