





# GAINESVILLE CITY SCHOOLS

## Elementary February 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>30</b>	<b>31</b> Lunch-to-Go 	<b>1</b>	<b>2</b>	<b>3</b> <b>Wear Red Day</b>
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Breakfast Pizza 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 and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Maple Jammer & Sausage Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Cheese Plate* Steamed Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Peaches 1/2c	PBJ w/ Cheese Stick Lunch OR Soy Butter & Jelly w/ Cheese Stick Lunch <b>Includes:</b> Salsa Dunk Cup Tortilla Chips Veggie Juice 4oz Apple Sauce 1/2c	Spaghetti with 1oz Roll Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Baked Sweet Potatoes or Soufflé 2/3c Italian Salad 1c Fruit Juice 4oz	Chicken Nachos & Sour Cream Salsa Dunk Cup PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Fresh Fruit 1 ea	Fish 'n' Fries - Roll Grilled Cheese & Yogurt Green Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Mandarin Oranges 1/2c
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Tropical Fruit 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Pears 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Spiced Apples 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Nuggets (5) and 1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Collard Greens 1/2c Peaches 1/2c	Stuffed Mozzarella Breadsticks Marinara Dunk Cup PBJ & Popchips Corn on the cob 1/2c Zesty Spinach & Kale 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice Slushy	Corndog Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce 1/2c	Pepperoni Pizza PBJ & Cheese Stick Steamed Broccoli 1/2c Corn 1/2c Tossed Salad 1c Italian 1oz Fresh Fruit 1ea	Chicken Drumstick – 1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Whole grain dessert
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pancake 'n' Sausage- Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Mini French Toast 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	Manager's Choice Breakfast Cereal with Grahams Cereal & Cereal Fresh Orange 1 ea Sliced Apples 1/2c	Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Asian Chicken Nuggets with Rice Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Carrot Sticks 1/2c Spring Mix Salad 1c Ranch 1oz Peaches 1/2c	Cheeseburger PBJ & Cheese Stick Baked Beans 2/3c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz Cookie 	Beefy Chili and 2oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Italian 1oz Applesauce 1/2c	Crunchy Chicken Taco & Sour Cream Salsa Dunk Cup PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Fresh Fruit 1 ea	Chicken Sandwich Cheese Plate* Zesty Cabbage 1/2c Steamed Broccoli 1/2c Potato Smiles 6ea Lettuce & Tomato 1c Mandarin Oranges 1/2c

This institution is an equal opportunity provider.

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



20	21	22	23	24
	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
	Hot Pocket- Turkey Pepperoni Marinara Dunk Cup PBJ & Cheese Puffs Corn on the cob 1/2c Zesty Spinach & Kale 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 2/3c Carrot sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce 1/2c	Cheese Pizza PBJ & Popchips Steamed Broccoli 1/2c Corn 1/2c Tossed Salad 1c Italian 1oz Fresh Fruit 1 ea	Cheeseburger PBJ & Cheese Puffs Baked Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c
27	28 Lunch-to-Go 	1	2 Dr. Seuss' Birthday!	3
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Breakfast Pizza 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	<b>Green Eggs and Ham Biscuit</b> Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Maple Jammer & Sausage Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Cheese Plate* Steamed Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Peaches 1/2c	PBJ w/ Cheese Stick Lunch OR Soy Butter & Jelly w/ Cheese Stick Lunch <b>Includes:</b> Salsa Dunk Cup Tortilla Chips Veggie Juice 4oz Apple Sauce 1/2c	Spaghetti with 1oz Roll Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Baked Sweet Potatoes or Soufflé 2/3c Italian Salad 1c Fruit Juice 4oz	Chicken Nachos & Sour Cream Salsa Dunk Cup PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Fresh Fruit 1 ea 	BBQ Pork Sandwich Grilled Cheese & Yogurt Green Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Mandarin Oranges 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.



**FRUITS & VEGETABLES**  
Try for 4-5 servings of each per day.\*  
What counts as a serving?

**FRUITS**

- ONE MEDIUM FRUIT =  (approximate size)
- FRESH, FROZEN OR CANNED FRUIT =  = 1/2 CUP
- DRYED FRUIT =  = 1/4 CUP
- FRUIT JUICE\*\* =  = 1/2 CUP

**VEGETABLES**

- RAW LEAFY VEGETABLE =  = 1 CUP
- FRESH, FROZEN OR CANNED VEGETABLE =  = 1/2 CUP
- VEGETABLE JUICE\*\* =  = 1/2 CUP

\*Recommended daily goal based on 2,000 calorie/day eating pattern.  
\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

[heart.org/gettinghealthy](http://heart.org/gettinghealthy)

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