

GAINESVILLE CITY SCHOOLS

GHS 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
30	31	1	2	3 <i>Wear Red Day</i>
Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Breakfast Bun Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Muffin Top and Yogurt Cheese Grits Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Cheeseburger Red Rock Variety Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Spaghetti and 2oz Roll Red Rock Variety Pizza Cheesy Broccoli 1/2c Corn 1/2c Baked Sweet Potatoes or Sweet potato soufflé 2/3c Italian Salad 1c Tropical Fruit 1/2c Fresh Fruit 1ea Whole Grain Dessert	Boneless Wings (7) & 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrots and Celery 1/2c Farmer's Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Meatball Sub Red Rock Variety Pizza Ranch Cauliflower and Broccoli 1/2c Corn 1/2c Marinara Dunk Cup Tossed Salad 1c Italian 1oz Mandarin Oranges 1/2c Fruit Choice 1/2c
6	7	8	9	10
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Tropical Fruit 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Spiced Apples 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Peaches 1/2c
Cheeseburger Stuffed Mozzarella Cheese Stix 2ea Baked Beans 1/2c Marinara Sauce Dunk Cup Veggie Dippers 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fruit Choice 1/2c	Spicy Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Beefy Chili & 2oz Roll Sour Cream Red Rock Variety Pizza Cheesy Broccoli 1/2c Corn 1/2c Crispy Romaine Salad 1c Italian 1oz Fruit Cocktail 1/2c Fresh Fruit 1ea	Chicken Drumstick – 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Spinach & Arugula Salad 1c Ranch 1oz Carrot Sticks 1/2c Peaches 1/2c Fresh Fruit 1ea Whole Grain Dessert	BBQ Pork Sandwich Red Rock Variety Pizza Baked Beans 1/2c Potato Wedges 3/4c Coleslaw 1/2c Carrot Sticks 1/2c Pineapple Tidbits 1/2c Fresh Fruit 1ea
13	14	15	16	17
Pancake 'n' Sausage on Stick-Syrup Cereal with Goldfish Graham Cereal & Cereal Fruit Juice 4oz Banana 1ea	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	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Cheeseburger Red Rock Variety Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea Cookie 	Beefy Nachos & Sour Cream Red Rock Variety Pizza Salsa Dunk Cup Refried Beans 2/3c Corn 1/2c Shredded Lettuce & Tomato 1c Tropical Fruit 1/2c Fresh Fruit 1ea	Chicken Chunks (7) & 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Cherry tomatoes and carrots 1/2c Farmer's Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Asian Chicken and Rice with Egg Roll Red Rock Variety Pizza Steamed Broccoli 1/2c Crazy Cabbage 1/2c Crispy Romaine Salad 1c Ranch 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea

This institution is an equal opportunity provider.



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	Blueberry Muffin and Yogurt Cheese Grits 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
	Spicy Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Hotdog & Onion Rings Red Rock Variety Pizza Coleslaw 1/2c Baked Beans 1/2c Farmer's Garden Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Fresh Fruit 1ea	Chicken Chunks (7) & 2oz Roll Red Rock Variety Pizza Corn 1/2c Green Beans 1/2c Whipped Potatoes 1c Peaches 1/2c Fresh Fruit 1ea	Grilled Chicken Sandwich Red Rock Variety Pizza Steamed Broccoli 1/2c French Fries 3/4c Carrot Sticks 1/2c Pineapple Tidbits 1/2c Fruit Choice
27	28	1	2	3
Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea 	Breakfast Bun Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Muffin Top and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Cheeseburger Red Rock Variety Pizza Baked Beans 1/2c Carrot Sticks 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Carrot Sticks 1/2c Zesty Greens 1/2c Lettuce & Tomato 1c Fruit Juice 4oz Fresh Fruit 1ea	Spaghetti and 2oz Roll Red Rock Variety Pizza Cheesy Broccoli 1/2c Corn 1/2c Baked Sweet Potatoes or Sweet potato soufflé 2/3c Italian Salad 1c Tropical Fruit 1/2c Fresh Fruit 1ea Whole Grain Dessert	Boneless Wings (7) & 2oz Roll Red Rock Variety Pizza Green Beans 1/2c Whipped Potatoes 1c Carrots and Celery 1/2c Farmer's Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Meatball Sub Red Rock Variety Pizza Ranch Cauliflower and Broccoli 1/2c Corn 1/2c Marinara Dunk Cup Tossed Salad 1c Italian 1oz Mandarin Oranges 1/2c Fruit Choice 1/2c

Weekly Entrée Salad Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with Egg Roll 	Buffalo Chicken Salad with Flatbread	Chicken Chunk Salad with Roll	Breaded Chicken Salad with Crackers	Grilled Chicken Butter Lettuce and Watermelon Salad with Flatbread

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).

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

FRUITS

- ONE MEDIUM FRUIT = 1 cup (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 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 fruit 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

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