

GAINESVILLE CITY HIGH SCHOOL MENU

FEBRUARY 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
28	29	30	31	1
<p style="font-size: 2em; color: orange; font-family: cursive;">Sweet Potato Month</p> <p style="font-weight: bold; color: red;">HOW DID YOU GET SO SWEET?</p>				<p>Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz</p> <hr/> <p style="font-weight: bold; color: red;">Domino's Pizza Friday!</p> <p style="color: red;">Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1 ea</p>
4	5	6	7	8
<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 Applesauce Cup</p>	<p>Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p>
<p>Boneless Wings (7) <i>1oz Roll</i> Green Beans 1/2c Whipped Potatoes 1c Celery Sticks 1 bag Garden Salad 1c Ranch 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea</p>	<p>Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea</p>	<p>Mac and Cheese <i>with Garlic Bread</i> Zesty Greens 1/2c Sweet Potatoes 1/2c Caesar Salad 1c Peaches 1/2c Fresh Fruit 1ea</p>	<p>Beefy Nachos <i>Sour Cream & Salsa</i> Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea</p>	<p>Spicy Chicken Sandwich Oven Fries 3/4c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea Whole Grain Dessert</p>
11	12	13	14	15
<p>Cereal Bar & Cheese Cubes 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 Waffles <i>with Syrup</i> Cereal Choices Fresh Fruit 1ea Pears 1/2c</p>	<p>Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup</p>	<p>French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p>
<p>Chicken Nuggets (7) <i>1oz Roll</i> Steamed Squash 1/2c Whipped Potatoes 1c Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea</p>	<p>Bacon Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea</p>	<p>Breaded Drumstick <i>1oz Roll</i> Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea</p>	<p>Chicken Tacos <i>Sour Cream & Salsa</i> Pinto Beans 1/2c Corn 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea Sugar Cookie</p>	<p>Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz Pineapple 1/2c Fresh Fruit 1ea</p>
18	19	20	21	22
<div style="background-color: #5cb85c; color: white; padding: 10px; border-radius: 10px;"> <p style="font-size: 1.5em; font-weight: bold;">National Random Acts of Kindness Week</p> <p style="font-size: 0.8em;">February 18 - 22, 2019</p> </div>		<p>Breakfast Bun Cereal Choices Fresh Fruit 1 ea Pears 1/2c</p>	<p>Ham Biscuit Cereal Choices Fresh Fruit 1ea Applesauce Cup</p>	<p>Mini Cinnis Cereal Choices Fruit Juice 6oz Strawberries 1/2c</p>
		<p>Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea JonnyPops</p>	<p>Crispitos (2) <i>Sour Cream & Salsa</i> Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz Fresh Fruit 1ea</p>	<p>Spicy Chicken Sandwich Oven Fries 3/4c Steamed Carrots 1/2c Garden Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea Whole Grain Dessert</p>

25	26	27	28	1
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Steak Biscuit Cereal Choices Fresh Fruit 1ea Fruit Cocktail 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
Chicken Nuggets (7) 1oz Roll Steamed Squash 1/2c Whipped Potatoes 1c Carrot Sticks 1/2c Garden Salad 1c Ranch 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Chicken Nachos Sour Cream & Salsa Black Beans 1/2c Corn 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Breaded Drumstick 1oz Roll Green Beans 1/2c Sweet Potatoes 1c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea Whole Grain Dessert	Domino's Pizza Friday! Corn 1/2c Steamed Broccoli 1/2c Cherry Tomatoes 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1 ea



• Peanut Butter and Jelly Sandwich Plate Offered Daily •

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with Egg Roll	Grilled Chicken Salad with 1oz roll	Chicken Nugget Salad with 1oz roll	Buffalo Chicken Salad with 1oz roll	Caesar Chicken Salad with flatbread

• Weekly Pizza Line •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish	Red Rock Variety	Mozzarella Sticks (3) or Calzone	Fresh Delivered Pizza!

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.