


GAINESVILLE CITY SCHOOLS

GHS January 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
2	3	4	5	6
	Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice Box 4oz Chilled Fruit 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
	Chicken Sandwich Red Rock Variety Pizza Tator Tots 12ea Orange Glazed Carrots 1/2c Steamed Broccoli 1/2c Fruit Juice Slushy Chilled Fruit 1/2c	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
9	10	11	12	13
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Pancakes 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
16	17	18	19	20
	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	Turkey Bacon Breakfast Boat 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
	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 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 Whole Grain Dessert

This institution is an equal opportunity provider.



23	24	25	26	27
Eggo Mini Waffles Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	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 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
Cheeseburger Pizza Calzone Baked Beans 1/2c Marinara Sauce Dunk Cup Veggie Dippers 1/2c French Fries 3/4c Lettuce & Tomato 1c Applesauce 1/2c Fresh Fruit 1ea	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 Fruit Choice	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
30	31			
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			
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			

Weekly Entrée Salad Rotation- no salad the first day back

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with Egg Roll	Buffalo Chicken Salad with Flatbread	Chicken Chunk Salad with Grain	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). 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.



**Georgia produce in season for
the month of January:**

- Collard Greens
- Turnip Greens
- Carrots

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