

GAINESVILLE CITY HIGH SCHOOL MENU

MAY 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
29	30	1	2	3 School Lunch Hero Day
		Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1ea Fruit Cocktail 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
		Breaded Drumstick <i>1oz Roll</i> Green Beans 1/2c Sweet Potatoes 1c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Chicken Sandwich Steamed Squash 1/2c Jumbo Tots 3 each Celery Sticks 1 bag Romaine Salad 1c Ranch 1oz Fruit Juice 6oz Fresh Fruit 1ea Whole Grain Dessert	Domino's Pizza! Corn 1/2c Steamed Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1 ea
6	7	8	9	10
Manager's Choice 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 Applesauce Cup	Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c
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	Hotdog Baked Beans 1/2c Coleslaw 1/2c Carrot Sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea	Mac and Cheese <i>with Garlic Bread</i> Steamed Broccoli 1/2c Sweet Potatoes 1/2c Caesar Salad 1c Peaches 1/2c Fresh Fruit 1ea	Beefy Nachos Sour Cream & Salsa Refried Beans 1/2c Corn 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	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
13	14	15	16	17
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles <i>with Syrup</i> Cereal Choices Fresh Fruit 1ea Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Applesauce Cup	French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Nuggets (7) <i>1oz Roll</i> Steamed Squash 1/2c Whipped Potatoes 1c Grape Tomatoes 1/2c Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Bacon Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Applesauce Cup Fresh Fruit 1ea	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	Walking Chicken Taco Sour Cream & Salsa Pinto Beans 1/2c Corn 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Butter Lettuce Salad 1c Balsamic 1oz Pineapple 1/2c Fresh Fruit 1ea Whole Grain Dessert
20	21	22	23	24
Breakfast Bun Cereal Choices Fresh Fruit 1 ea Chilled Fruit 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Chilled Fruit 1/2c	Manager's Choice Cereal Choices Fresh Fruit 1 ea Chilled Fruit 1/2c	Manager's Choice Cereal Choices Fruit Juice 6oz Chilled Fruit 1/2c	Manager's Choice Cereal Choices Fruit Juice 6oz Chilled Fruit 1/2c
Manager's Choice Pizza PBJ Tray Oven Fries 3/4c Celery Sticks 1 bag Steamed Broccoli 1/2c Fresh Fruit 1 ea Chilled Fruit 1/2c	Manager's Choice Pizza PBJ Tray Steamed Squash 1/2c Whipped Potatoes 1c Carrot Salad 1/2c Fresh Fruit 1 ea Chilled Fruit 1/2c	Manager's Choice Pizza PBJ Tray Green Beans 1/2c Sweet Potatoes 1c Italian Salad 1c Fresh Fruit 1 ea Chilled Fruit 1/2c	Manager's Choice Pizza PBJ Tray Manager's Choice Beans 1/2c Corn 1/2c Carrots 1/2c Fruit Juice 6oz Chilled Fruit 1/2c	Manager's Choice Pizza PBJ Tray Oven Fries 3/4c Cheesy Broccoli 1/2c Mixed Veggies 1/2c Fruit Juice 6oz Chilled Fruit 1/2c Have a great summer!

Q: Why shouldn't you tell a secret on a farm? A: Because the potatoes have eyes and the corn has ears!

• **Peanut Butter and Jelly Sandwich Plate Offered Daily** •

• **Weekly Pick of the Garden Entrees** •

No salads the last week of school

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad with egg roll</i>	<i>Chicken BTL Salad with 1oz roll</i>	<i>Chicken Nugget Salad with 1oz roll</i>	<i>Buffalo Chicken Salad with 1oz roll</i>	<i>Caesar Chicken Salad with flatbread</i>

• **Weekly Pizza Line** •

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

Sack lunches are for field trips only. They include a peanut butter & jelly sandwich, fruit, vegetable, and milk. If your child has a peanut allergy, soy butter is 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. *Munchable contains RF cheese cubes, sunflower seeds, crackers, & munchie mix