

GAINESVILLE HIGH SCHOOL MENU

OCTOBER 2018



Adult Breakfast: \$2.00
 Adult Lunch: \$3.50
 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	
1	2	3	4	5					
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 Sliced Apples 1/2c	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 Carrot Sticks 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 Chicken 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 <i>Sour Cream & Salsa</i> Pinto Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	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					
8	9	10	11	12					
<h3 style="margin: 0;">National School Lunch Week</h3> <h3 style="margin: 0; color: red;">OCTOBER 15-19, 2018</h3>		Breakfast Bun Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Sliced Apples 1/2c	Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fruit Juice 6oz Strawberries 1/2c					
		Spicy Chicken Sandwich Oven Fries 3/4c Carrot Sticks 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea	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	Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea Whole Grain Dessert					
15	16	17	18	19					
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	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 Cinnamon Spiced Apples 2/3c Fruit Juice 6oz					
Chicken Nuggets (7) <i>1oz Roll</i> Whipped Potatoes 1c Steamed Squash 1/2c Carrot Sticks 1/2c Garden Salad 1c Ranch 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Cheeseburger or Hamburger 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 1c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	Chicken Nachos <i>Sour Cream & Salsa</i> Black Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Shredded Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Chicken Sandwich Cheesy Broccoli 1/2c Jumbo Tots 3 each Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz Pineapple 1/2c Fresh Fruit 1ea Whole Grain Dessert					
22	23	24	25	26					
Mini Cinnis 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 Sliced Apples 1/2c	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 Caesar Salad 1c Mandarin Oranges 1/2c Fresh Fruit 1ea	Hotdog Onion Rings (5) Baked Beans 1/2c Coleslaw 1/Dom2c Fancy Greens Salad 1c Ranch 1oz Applesauce Cup Fresh Fruit 1ea	Mac and Cheese <i>with Garlic Bread</i> Zesty Greens 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c Fresh Fruit 1ea	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	Spicy Chicken Sandwich Oven Fries 3/4c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Pineapple 1/2c Fresh Fruit 1ea					

29	30	31	1	2
Cereal Bar & Cheese Cubes Cereal Choices Fruit Juice 6oz Banana 1 ea	Steak 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	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c	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 Carrot Sticks 1/2c Garden Salad 1c Ranch Dressing 1oz Mandarin Oranges 1/2c Fresh Fruit 1ea	Chicken Sandwich Cheesy Broccoli 1/2c Tater Tots 12ea Carrot Sticks 1/2c Butter Lettuce Salad 1c Balsamic 1oz 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	Bacon Cheeseburger Baked Beans 1/2c Oven Fries 3/4c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz Fresh Fruit 1ea	Domino's Pizza Friday! Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c Fresh Fruit 1ea

• Peanut Butter and Jelly Sandwich Plate Offered Daily •

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with Egg Roll	<i>Grilled Chicken Salad</i> with 1oz Roll	<i>Chicken Nugget Salad</i> with 1oz Roll	<i>Buffalo Chicken Salad</i> with 1oz Roll	<i>Caesar Chicken Salad</i> with flatbread

• Weekly Pizza Line •

Monday	Tuesday	Wednesday	Thursday	Friday
Red Rock Variety	Deep Dish	Red Rock Variety	Mozzarella Sticks or Calzone	Deep Dish or 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.