

GAINESVILLE CITY SCHOOLS

GMS April 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
10	11	12	13	14
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Manager's Choice Fruit 1/2c	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 Fresh Fruit 1ea Spiced Apples 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Nuggets (6) and 1oz Roll Cheese Plate* PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Steamed Broccoli 1/2c Peaches 1/2c	Stuffed Mozzarella Breadsticks Marinara Dunk Cup Grilled Chicken Salad & Flatbread PBJ & Cheese Puffs Corn on the cob 1/2c Zesty Spinach & Kale 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice Slushy	Corndog Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Baked Beans 1/2c Coleslaw 1/2c Carrot sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce 1/2c	Stuffed Crust Pepperoni Pizza Chef Salad & 2oz Roll PBJ & Cheese Stick Marinara Dunk Cup Steamed Broccoli 1/2c Corn 1/2c Tossed Salad 1c Italian 1oz Pineapple Tidbits 1/2c	Chicken Drumstick – 2oz Roll Cheese Plate* Deli Sub Green Beans 1/2c Whipped Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
17	18	19	20	21
Pancake 'n' Sausage - Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	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	Breakfast Pizza 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
Boneless Wings (6) with Roll Cheese Plate* PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Spring Mix Salad 1c Ranch 1oz Peaches 1/2c	Cheeseburger Grilled Chicken Salad & Flatbread PBJ & Cheese Puffs Baked Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz	Beefy Macaroni - 2oz Roll Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Veggie Dippers 1/2c Crispy Romaine Salad 1c Italian 1oz Applesauce 1/2c	Crunchy Chicken Taco & Sour Cream Salsa Dunk Cup Chef Salad & 2oz Roll PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Chicken Sandwich BBQ Pork Sandwich Cheese Plate* Baked Beans 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Mandarin Oranges 1/2c
24	25	26	27	28
French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini Waffles 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	Nutrigrain Bar & Cheese Cubes 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
Chicken Nuggets (6) and 1oz Roll Cheese Plate* PBJ & Cheese Stick Green Beans 1/2c Whipped Potatoes 1/2c Steamed Broccoli 1/2c Peaches 1/2c	Hot Pocket- Turkey Pepperoni Marinara Dunk Cup Grilled Chicken Salad & Flatbread PBJ & Cheese Puffs Corn on the cob 1/2c Zesty Spinach & Kale 1/2c GA Grown Cherry Tomatoes 1/2c Fruit Juice 4oz	Hotdog and Cheese Puffs Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Crispy Romaine Salad 1c Ranch 1oz Applesauce 1/2c	Stuffed Crust Cheese Pizza Chef Salad & 2oz Roll PBJ & Cheese Stick Marinara Dunk Cup Green Beans 1/2c Corn 1/2c Tossed Salad 1c Italian 1oz Fresh Fruit 1ea	Asian Chicken Nuggets (5) w/Egg Roll Cheese Plate* Deli Sub Steamed Broccoli 1/2c Carrot Sticks 1/2c Spring Mix Salad 1c Ranch 1oz Pineapple Tidbits 1/2c

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.

This institution is an equal opportunity provider.
*Cheese Plate contains RF cheese cubes, soft pretzel, soy butter, crackers & apple slices.

