

GAINESVILLE CITY MIDDLE SCHOOL MENU

DECEMBER 2018


December is
National
Pear Month!



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
3	4	5	6	7
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 Fruit Juice 6oz Pears 1/2c	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Mandarin Oranges 1/2c	French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Nuggets (6) <i>with 1oz Roll Munchable</i> Steamed Squash 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Cheese Pizza PBJ & Chips Steamed Broccoli 1/2c Corn 1/2c Celery Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Breaded Drumstick <i>with 1oz Roll Munchable</i> Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Crunchy Chicken Taco <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Corn 1/2c Ranchero Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Hamburger Grilled Cheese & Yogurt Baked Beans 1/2c Oven Fries 1/2c Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert
10	11	12	13	14
Breakfast Bun Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Mini Pancakes <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal Choices Fresh Fruit 1ea Applesauce Cup	Mini Cinnis Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Cherry Blossom Chicken <i>with Egg Roll Munchable</i> Mixed Vegetables 1/2c Carrots or Celery 1 bag Oriental Salad 1c Mandarin Oranges 1/2c	Pepperoni Pizza PBJ & Chips Cheesy Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Beef Chili & Garlic Bread <i>with sour cream & cheese Munchable</i> Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Crispitos (2) <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz	Home-style or Spicy Chicken Sandwich Whipped Potatoes 1/2c Green Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Whole Grain Dessert
17	18	19	20	21
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Chilled or Fresh Fruit 1/2c	No Entrée Salads	No Entrée Salads	Holiday
Chicken Nuggets (6) <i>with 1oz Roll Munchable</i> Pinto Beans 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Applesauce Cup	Cheesy French Bread <i>Marinara Dunk Cup</i> PBJ & Chips Steamed Broccoli 1/2c Glazed Carrots or Carrot Sticks 1/2c Caesar Salad 1c Mandarin Oranges 1/2c	Breaded Chicken Drumstick <i>with 1oz Roll Munchable</i> Green Beans 1/2c Sweet Potatoes 1/2c Peaches 1/2c Whole Grain Dessert	 Domino's Pizza! PB&J & Cheese Stick Corn 1/2c Cheesy Broccoli 1/2c Veggie Juice 4oz Pineapple 1/2c	

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken Salad with Egg Roll	Caesar Chicken Salad with flatbread	Chicken Chunk Salad with 1oz Roll	Buffalo Chicken Salad with ½ flatbread	Veggie Burger

Q: What do snowmen eat for breakfast?

A: Frosted Flakes



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.

*Munchable contains RF cheese cubes, sunflower seeds, crackers, & munchie mix

This institution is an equal opportunity provider.