

GAINESVILLE CITY SCHOOLS

GMS

February 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
30	31	1	2	3 <i>Wear Red Day</i>
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	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Muffin Top and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Sausage 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 1/2c	Spaghetti with 1oz Roll Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Baked Sweet Potatoes or Sweet potato soufflé 2/3c Italian Salad 1c Applesauce 1/2c	Chicken Nachos & 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 French Fries 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Mandarin Oranges 1/2c
6	7	8	9	10
Poptart and Cheesestick Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	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	Corn Dog Pups (6) 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 Cinnamon Roll
13	14	15	16	17
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	Manager's Choice Breakfast 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 Stewed Tomatoes 1/2c Romaine Salad 1c & 1oz Ranch 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 Cookie 	Beefy Chili 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 Pinto 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

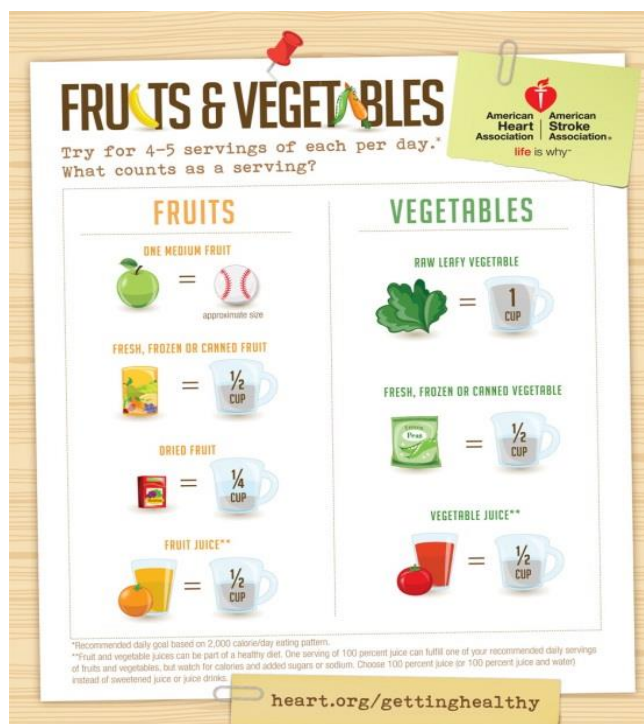
This institution is an equal opportunity provider.

*Cheese Plate contains RF cheese cubes, soft pretzel, soy butter, crackers & apple slices.



20	21	22	23	24
	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
	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 Farmer's Garden Salad 1c Ranch 1oz 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	Grilled Chicken Sandwich Cheese Plate* Deli Sub Steamed Broccoli 1/2c Sweet Potato Tots 12 ea Lettuce & Tomato 1c Pineapple Tidbits 1/2c Whole Grain Dessert
27	28	1	2	3
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	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Muffin Top and Yogurt Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Sausage 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 1/2c	Spaghetti with 1oz Roll Breaded Chicken Salad & Goldfish Grilled Cheese & Yogurt Cheesy Broccoli 1/2c Baked Sweet Potatoes or Sweet potato soufflé 2/3c Italian Salad 1c Applesauce 1/2c	Chicken Nachos & 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 French Fries 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Mandarin Oranges 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.



FRUITS & VEGETABLES
Try for 4-5 servings of each per day.*
What counts as a serving?

FRUITS

- ONE MEDIUM FRUIT = 1 MEDIUM FRUIT
- FRESH, FROZEN OR CANNED FRUIT = 1/2 CUP
- DRYED FRUIT = 1/4 CUP
- FRUIT JUICE** = 1/2 CUP

VEGETABLES

- RAW LEAFY VEGETABLE = 1 CUP
- FRESH, FROZEN OR CANNED VEGETABLE = 1/2 CUP
- VEGETABLE JUICE** = 1/2 CUP

*Recommended daily goal based on 2,000 calorie/day eating pattern.
**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

heart.org/gettinghealthy

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