

# GAINESVILLE CITY MIDDLE SCHOOL MENU

## JANUARY 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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 National Milk Day</b>
Breakfast Bun 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 Mandarin Oranges 1/2c	Breakfast Pizza Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Home-style or Spicy Chicken Sandwich Green Beans 1/2c Sweet Potatoes 1/2c Romaine Salad 1c Ranch 1oz Applesauce Cup	Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread</i> Munchable Collard Greens 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Beefy Nachos <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Hotdog Ham/Cheese Croissant Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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</i> Munchable 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</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Crunchy Chicken Taco <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Corn 1/2c Ranchero Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Cheeseburger Grilled Cheese & Yogurt Baked Beans 1/2c Oven Fries 1/2c Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>21</b>	<b>22</b>	<b>23</b>	<b>24 National Peanut Butter Day</b>	<b>25</b>
<b>Holiday</b>	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
	Pepperoni Pizza PBJ & Chips Cheesy Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Beefy Macaroni <i>with Garlic Bread</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Crispitos (2) <i>Sour Cream &amp; 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 Yogurt Choice
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
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 Pineapple 1/2c	Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable Green Peas 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 Carrot Sticks 1/2c Caesar Salad 1c Mandarin Oranges 1/2c	Breaded Drumstick <i>with 1oz Roll</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Super Spinach Salad 1c Ranch 1oz Peaches 1/2c	Chicken Nachos <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Carrot Sticks 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	<b>Domino's Pizza Friday!</b> Grilled Cheese & Yogurt Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Fresh Fruit 1 ea

• **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

This institution is an equal opportunity provider.

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 you 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