

# GAINESVILLE CITY MIDDLE SCHOOL MENU

## MARCH 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
25	26	27	28	1
 <h1 style="color: red; font-family: cursive;">NSBW 2019</h1> <h2 style="color: blue; font-family: cursive;">START YOUR ENGINES!</h2> 				Dutch Waffle Cereal Choices Spiced Apples 2/3c Fruit Juice 6oz
				<b>Domino's Pizza Friday!</b> Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Fresh Fruit 1 ea 
4	5	6 National Cereal Day	7	8
French Toast Sticks <i>with Syrup</i> 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 Applesauce Cup	Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c  <b>SCHOOL BREAKFAST IT'S A WINNER!</b>
Cherry Blossom Chicken <i>with Fried Rice</i> Munchable Mixed Vegetables 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c	Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Corn 1/2c Parmesan Broccoli 1/2c Italian Salad 1c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Beefy Nachos Sour Cream & Salsa PBJ & Cheese Stick Corn 1/2c Refried Beans 1/2c Lettuce & Tomato 1c Fruit Juice 6oz	Hotdog Ham-Cheese Croissant Whole Grain Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
11	12	13	14	15
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 Fruit Juice 6oz Pears 1/2c	Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Mandarin Oranges 1/2c	<b>Student Holiday</b>
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 Carrot 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	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	
18	19	20	21	22
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 Fried Rice</i> Munchable Mixed Vegetables 1/2c Carrots & 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	Spaghetti & Meat Sauce <i>with Garlic Bread</i> Munchable Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c	Crisпитos (2) Sour Cream & Salsa PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz	Home-style or Spicy Chicken Sandwich Whipped Potatoes 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea Yogurt Choice

25	26	27	28 No Entrée Salads	29 No Entrée Salads
Poptart & Cheese Stick Cereal Choices Fruit Juice 6oz Banana 1 ea	Steak Biscuit Cereal Choices Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Bagels Cereal Choices Fruit Juice 6oz Pears 1/2c	Chicken 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 Steamed Squash 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	Cheeseburger PBJ & Cheese Stick Baked Beans 1/2c Coleslaw 1/2c Oven Fries 1/2c Fruit Juice 6oz Yogurt Choice	<b>Domino's Pizza Friday!</b> Corn 1/2c Parmesan Broccoli 1/2c Veggie Juice 4oz Manager's Choice Fruit 

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with Egg Roll	<i>Caesar Chicken Salad</i> with flatbread	<i>Chicken Chunk Salad</i> with 1oz Roll	<i>Buffalo Chicken Salad</i> with ½ flatbread	<i>Fish Sandwich</i> <i>Limited Time Offer</i>

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