

GAINESVILLE CITY MIDDLE SCHOOL MENU

MAY 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
29	30	1	2	3 School Lunch Hero Day
		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
		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	Cheeseburger PBJ & Cheese Stick Baked Beans 1/2c Coleslaw 1/2c Oven Fries 1/2c Fruit Juice 6oz Yogurt Choice	Domino's Pizza! Corn 1/2c Steamed Broccoli 1/2c Veggie Juice 4oz Carrot Sticks 1/2c Manager's Choice Fruit
6	7	8	9	10
Breakfast Pizza 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	Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Home-style or Spicy Chicken Sandwich Green Beans 1/2c Whipped Potatoes 1/2c Carrot Sticks 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 Italian Salad 1c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread Munchable</i> 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	Chilandog Ham & Cheese Croissant Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
13	14	15	16	17
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 Carrot 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 Sour Cream & Salsa PBJ & Cheese Stick Corn 1/2c Ranchero Beans 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
20 No entrée salads	21 No entrée salads	22 No entrée salads	23 No entrée salads	24 No entrée salads
Breakfast Bun Cereal Choices Fruit Juice 4oz Fresh Fruit 1 ea	Manager's Choice Biscuit Cereal Choices Fresh Fruit 1 ea Fruit Cocktail 1/2c	Manager's Choice Cereal Choices Fresh Fruit 1ea Tropical Fruit 1/2c	Manager's Choice Cereal Choices Fruit Juice 4oz Pears 1/2c	Manager's Choice Cereal Choices Fruit Juice 4oz Manager's Choice Fruit 1/2c or 1ea
Cherry Blossom Chicken <i>with Egg Roll Munchable</i> Mixed Vegetables 1/2c Carrot Salad 1/2c Celery Sticks 1 bag Mandarin Oranges 1/2c	Variety Pizza PBJ & Chips Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Pineapple 1/2c	Corndog Munchable Baked Beans 1/2c Potato Fries 1/2c Garden Salad 1c Ranch 1oz Manager's Choice Fruit 1/2c or 1ea	Crisпитos (2) Sour Cream & Salsa PBJ & Cheese Stick Refried Beans 1/2c Corn 1/2c Veggie Juice 4oz Fruit Cup	Home-style or Spicy Chicken Sandwich Green Beans 1/2c Sweet Potatoes 1/2c Cheesy Broccoli 1/2c Fruit Cup Have a great summer!

Q: Why shouldn't you tell a secret on a farm? A: Because the potatoes have eyes and the corn has ears!

• Weekly Pick of the Garden Entrees •

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Asian Chicken Salad</i> with egg roll	<i>Chicken BLT Salad</i> with 1oz roll	<i>Chicken Caesar Salad</i> with flatbread	<i>Buffalo Chicken Salad</i> with 1oz roll	<i>Veggie Burger</i> Fish sandwich on 4/12

Sack lunches are for field trips only. They include a peanut butter & jelly sandwich, fruit, vegetable, and milk. If your child has a peanut allergy, soy butter is 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