

GAINESVILLE CITY MIDDLE MENU

NOVEMBER 2018



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	
1	2	3	4	5	6	7	8	9	10
					Steak Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 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 Fruit Juice 6oz		Domino's Pizza Friday! Grilled Cheese & Yogurt Corn 1/2c Parmesan Broccoli 1/2c Italian Salad 1c Pineapple 1/2c		
5	6	7	8	9	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 Sliced Apples 1/2c		Bacon, Egg, & Cheese Stuffed Breadstick Cereal Choices Fruit Juice 6oz Strawberries 1/2c	
Cherry Blossom Chicken <i>with Chow Mein</i> Munchable Mixed Vegetables 1/2c Carrots or Celery 1 bag Oriental Salad 1c Mandarin Oranges 1/2c		Pepperoni Pizza PBJ & Cheese Stick Cheesy Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Applesauce Cup		Beef Chili & Garlic Bread <i>with sour cream & cheese</i> Grilled Cheese & Yogurt Green Beans 1/2c Sweet Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c		Crisпитos (2) <i>Sour Cream & Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz		Hotdog Turkey/Cheese Croissant Chips Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea	
12	13	14 No Entrée Salads		15 No Entrée Salads		16 No Entrée Salads			
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 Fresh Fruit 1ea Pears 1/2c		Steak Biscuit Cereal Choices Fruit Juice 6oz 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 & Salsa</i> PBJ & Cheese Stick Corn 1/2c Pinto Beans 1/2c Lettuce & Tomato 1c Fruit Juice 6oz		Cheeseburger Grilled Cheese & Yogurt Baked Beans 1/2c Oven Fries 1/2c Glazed Carrots 1/2c Chilled Fruit 1/2c Harvest Cookie	
26	27	28	29	30					
Mini Cinnis Cereal Choices Fruit Juice 6oz Chilled Fruit 1/2c		Ham 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		Chicken Biscuit Cereal Choices Fresh Fruit 1 ea Sliced Apples 1/2c		Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c	
Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> PBJ & Chips Corn 1/2c Steamed Broccoli 1/2c Veggie Juice 1/2c Applesauce Cup		Chicken Sandwich Munchable Potato Smiles 6ea Green Beans 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Mandarin Oranges 1/2c		Mac and Cheese <i>with Garlic Bread</i> PBJ & Cheese Stick Collard Greens 1/2c Whipped Potatoes 1/2c Garden Salad 1c Ranch 1oz Peaches 1/2c		Corndog Ham/Cheese Croissant Chips Coleslaw 1/2c Baked Beans 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 6oz		Domino's Pizza Friday! Grilled Cheese & Yogurt Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Fresh Fruit 1 ea	

This institution is an equal opportunity provider.

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



• **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>Veggie Burger</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.

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