

# GAINESVILLE CITY MIDDLE MENU

## OCTOBER 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</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 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 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 Italian Salad 1c Sliced Cucumbers 1/2c Mandarin Oranges 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 <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Pico de Gallo 1/2c Ranchero Beans 1/2c Carrot Sticks 1/2c Fruit Juice 6oz	Hamburger Grilled Cheese & Yogurt Baked Beans 1/2c Jumbo Tots 3ea Butter Lettuce Salad 1c Balsamic 1oz Fresh Fruit 1 ea Whole Grain Dessert
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<h3 style="margin: 0;">National School Lunch Week</h3> <h3 style="margin: 0; color: red;">OCTOBER 15-19, 2018</h3>		Breakfast Bun 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
		Pepperoni Pizza Munchable Cheesy Broccoli 1/2c Corn 1/2c Carrot Sticks 1/2c Italian Salad 1c Applesauce Cup	Crispitos (2) <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick Refried Beans 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Fruit Juice 6oz	Corndog Turkey/Cheese Croissant Chips Baked Beans 1/2c Coleslaw 1/2c Fancy Greens Salad 1c Ranch 1oz Fresh Fruit 1 ea
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</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 Cinnamon Spiced Apples 2/3c Fruit Juice 6oz
Chicken Nuggets (6) <i>with 1oz Roll Munchable</i> 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 Munchable</i> 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	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>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Mini Cinnis 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 Sliced Apples 1/2c	Muffin & Yogurt Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Chicken Sandwich Munchable Potato Smiles 6ea Green Beans 1/2c Carrot Sticks 1/2c Romaine Salad 1c Ranch 1oz Applesauce Cup	Pepperoni Hot Pocket PBJ & Chips Marinara Dunk Cup Corn 1/2c Parmesan Broccoli 1/2c Carrot Sticks 1/2c Italian Salad 1c Pineapple 1/2c	Mac and Cheese <i>with Garlic Bread Munchable</i> 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

This institution is an equal opportunity provider.

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



29	30	31	1	2
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 Sliced Apples 1/2c	French Toast Sticks (4) <i>with Syrup</i> Cereal Choices Fruit Juice 6oz Strawberries 1/2c
Crunchy Chicken Taco <i>Sour Cream &amp; Salsa</i> PBJ & Cheese Stick <i>Pico de Gallo 1/2c</i> <i>Ranchero Beans 1/2c</i> <i>Carrot Sticks 1/2c</i> Applesauce Cup	Hamburger Grilled Cheese & Yogurt <i>Baked Beans 1/2c</i> <i>Jumbo Tots 3ea</i> <i>Butter Lettuce Salad 1c</i> <i>Balsamic 1oz</i> Fresh Fruit 1 ea Whole Grain Dessert	Breaded Drumstick <i>with 1oz Roll</i> Munchable <i>Green Beans 1/2c</i> <i>Sweet Potatoes 1/2c</i> <i>Super Spinach Salad 1c</i> <i>Ranch 1oz</i> Peaches 1/2c	Chicken Nuggets (6) <i>with 1oz Roll</i> Munchable <i>Steamed Squash 1/2c</i> <i>Whipped Potatoes 1/2c</i> <i>Garden Salad 1c</i> <i>Ranch 1oz</i> Fruit Juice 6oz	<b>Domino's Pizza Friday!</b> Grilled Cheese & Yogurt <i>Corn 1/2c</i> <i>Parmesan Broccoli 1/2c</i> <i>Italian Salad 1c</i> Pineapple 1/2c

• **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.

