

GAINESVILLE CITY MIDDLE SCHOOL MENU

September 2017



Adult Breakfast: \$1.50
 Adult Lunch: \$2.75
 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
4	5	6	7	8
Holiday	Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Mini French Toast Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c
	Chicken Sandwich Spicy Chicken Sandwich Cheese Plate Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Crunchy Chicken Taco Sour Cream Chef Salad & 2oz Roll Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Cheeseburger Breaded Chicken Salad & Goldfish PBJ & Cheese stick Baked Beans 1/2c Tator Tots 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 6oz	Spicy Nuggets (6) -1oz Roll Deli Sub Cheese Plate Green Beans 1/2c Whipped Potatoes 1/2c Spring Mix Salad 1c Ranch 1oz Mandarin Oranges 1/2c Whole grain dessert
11	12	13	14	15
Nutrigrain Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c
Chicken Nuggets (6) -1oz Roll Cheese Plate PBJ & Cheese stick Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Hot Pocket Marinara Dunk Cup Chicken Caesar Salad PBJ & Popchips Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Breaded Chicken Drumstick 1oz Roll Chef Salad & 2oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Personal Cheese Pizza Breaded Chicken Salad & Goldfish PBJ & Cheese stick Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 6oz	Hotdog & Cheese Puffs Deli Sub Cheese Plate Coleslaw 1/2c Baked Beans 1/2c Carrot Sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple 1/2c Whole grain dessert
18	19	20	21	22
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Pancakes and Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Pears 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Strawberries 1/2c
Chicken Sandwich Spicy Chicken Sandwich Cheese Plate Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Chicken Nachos Sour Cream Salsa Dunk Cup Chef Salad & 2oz Roll Grilled Cheese & Yogurt Corn 1/2c Refried Beans 1/2c Lettuce/Tomato 1c Applesauce Cup	Asian Chicken Nuggets Chicken Caesar Salad PBJ & Cheese Puffs Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c	Cheeseburger Breaded Chicken Salad & Goldfish PBJ & Cheese stick Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 6oz	Four Cheese Lasagna 2oz Roll Deli Sub Cheese Plate Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Peaches 1/2c Whole grain dessert

This institution is an equal opportunity provider.



25	26	27	28	29
Poptart and Cheese Stick Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 6oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
Chicken Nuggets (6)- 1oz Roll PBJ & Cheese stick Cheese Plate Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Stuffed Mozzarella Breadsticks Marinara Dunk Cup Chicken Caesar Salad PBJ & PopChips Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Roasted Chicken Drumstick 2oz Roll Chef Salad & 2oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Personal Pepperoni Pizza Breaded Chicken Salad & Goldfish PBJ & Cheese stick Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 6oz	Philly Steak Sandwich Corn Dog Cheese Plate Curly Fries 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c Whole grain dessert

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.

