

Gainesville City High School Menu

December 2021

Assorted fat-free and low-fat milk is offered at breakfast & lunch.
The menu is limited and subject to change due to market conditions, school events, and closures.

Adult breakfast: \$2.00
Adult lunch: \$3.50
Students eat at no cost
Extra milk is \$0.35

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Raisins 1 pack	Dutch Waffle Fresh Fruit 1 each Peaches ½ cup
		Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ½ cup Peaches ½ cup Fruit Juice 4 oz.	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fruit Juice 4 oz.	Cherry Blossom Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each
6	7	8	9	10
Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	Poptart & Cheese Stick Fresh Oranges 1 each Craisins 1 pack	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	One lunch entrée choice Breakfast Bun Fruit Juice 4 oz. Peaches ½ cup
Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup Fresh Fruit 1 each	Hotdog & Chips Baked Beans ½ cup Coleslaw ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Walking Chicken Taco Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Variety Pizza Marinara Dunk Cup Steamed Broccoli ½ cup Veggie Juice ½ cup Pineapple ½ cup Craisins 1 pack
13	14	15	16	17
Pre-packaged breakfast and lunch No entrée or side choices this week				
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup	Cereal Kit with Fruit Juice 4 oz. Pineapple ½ cup	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup	Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup
PB&J or Soybuter Sandwich Broccoli Dippers ½ cup Celery Sticks ½ cup Raisins 1 pack Fruit Juice 4 oz.	Grilled Cheese Marinara Dunk Cup Black Beans & Corn ½ cup Applesauce ½ cup Fruit Juice 4 oz.	Turkey and Cheese Sandwich Carrot Sticks ½ cup Celery Sticks ½ cup Pineapple ½ cup Fruit Juice 4 oz.	Grilled Cheese Marinara Dunk Cup Black Beans & Corn ½ cup Applesauce ½ cup Fruit Juice 4 oz.	PB&J or Soybuter Sandwich Carrot Sticks ½ cup Veggie Juice ½ cup Mandarin Oranges ½ cup Craisins 1 pack

• Pizza Two Week Cycle Menu - Subject to Change •

Monday	Tuesday	Wednesday	Thursday	Friday
Mozzarella Breadsticks (2)	Pepperoni Pizza	Deep Dish Cheese Pizza	Pepperoni Hot Pocket	Deep Dish Pepperoni Pizza
Cheesy French Bread	Cheese Pizza	Deep Dish Pepperoni Pizza	Mozzarella Breadsticks (2)	Deep Dish Cheese Pizza

• Peanut Butter and Jelly Trays Available Regularly •

If you have a peanut allergy, soy butter sandwiches are available upon request. Please let your teacher know to request the soy butter sandwich from the cafeteria, if desired (peanut free, but contains milk, wheat, and soy).

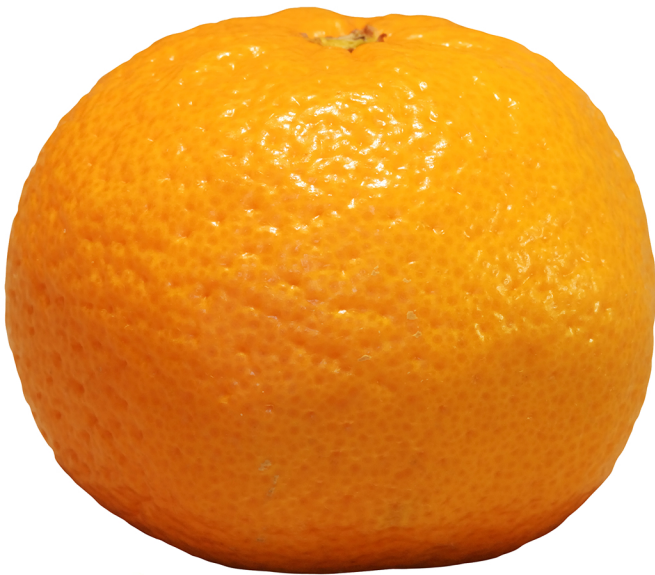


Citrus

Citrus fruits are a member of the Rutaceae family of plants.

Citrus fruits grow on flowering shrubs or trees, and it takes around 4 years after it is planted before a tree will start producing significant amounts of citrus.

The benefits of citrus are found in more than just the juice. Have you ever tried to see how many pieces of fruit it takes to squeeze into a glass of juice? Try it and determine if you would ever eat that many pieces of fruit in one sitting?



Citrus plants are in season in GA from around November through December.

Georgia is now growing many varieties of citrus and the industry is expected to only continue to expand, allowing for more Georgia Grown citrus availability in the coming years.

The southern portion of the state produces most of Georgia's citrus.



Georgia Department of Education School Nutrition