


Gainesville City Schools Elementary Menu

December 2021

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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Mandarin Oranges ½ cup Raisins 1 pack	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup
		Cheesy Frenchbread Pizza <i>Marinara Dunk Cup</i> Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Nachos Sour Cream & <i>Salsa</i> Black Beans ½ cup Fruit Juice 4 oz.	Pizza Munchable <i>Carrot Sticks ½ cup</i> Veggie Juice 4 oz. Fresh Fruit 1 each
6	7	8	9	10
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <i>Potato Smiles 6 each</i> Broccoli Dippers ½ cup Applesauce ½ cup	Mini Waffles or Pancakes Fresh Oranges 1 each Craisins 1 pack Hotdog <i>Baked Beans ½ cup</i> <i>Curly Fries ½ cup</i> Pineapple ½ cup	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Breaded Drumstick with 1 oz. Roll <i>Sweet Potatoes ½ cup</i> <i>Green Beans ½ cup</i> Peaches ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & <i>Salsa</i> <i>Pinto Beans ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Raisins 1 pack	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup Grilled Cheese Sandwich <i>Marinara Dunk Cup</i> <i>Veggie Juice 4 oz.</i> Craisins 1 pack
13	14	15	16	17
Cereal Kit with Fruit Juice 4 oz. Pineapple ½ cup Cheeseburger <i>Baked Beans ½ cup</i> <i>Sweet Potato Fries ½ cup</i> Applesauce ½ cup	Breakfast Pizza Fruit Juice 4 oz. Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll <i>Green Beans ½ cup</i> <i>Whipped Potatoes ½ cup</i> Peaches ½ cup	Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Steak Biscuit Mandarin Oranges ½ cup Raisins 1 pack Chicken Nachos Sour Cream & <i>Salsa</i> <i>Black Beans ½ cup</i> Fruit Juice 4 oz.	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup PB&J or Soybutterm Sandwich Chips <i>Salsa Dunk Cup</i> <i>Veggie Juice 4 oz.</i> Craisins 1 pack
One Entrée Choice				

If your child has a peanut allergy on PB&J days, soy butter sandwiches are available upon request. Please let your child's teacher know to request the soy butter sandwich, if desired (peanut free, but contains milk, wheat, and soy).



feedmyschool.org
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH

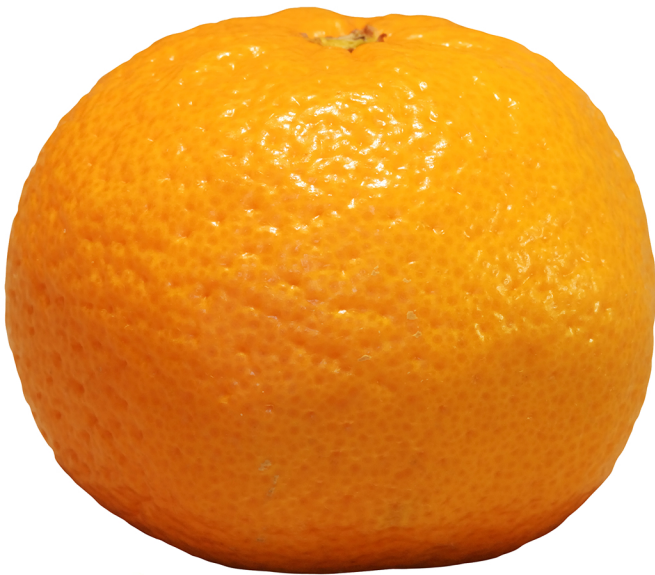


Citrus

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