


Gainesville City Middle School 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
		Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Mandarin Oranges ½ cup Raisins 1 pack	Dutch Waffle 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.	Turkey & Cheese Sandwich Chips Carrot Sticks ½ cup 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 Whipped Potatoes ½ cup Broccoli Dippers ½ cup Applesauce ½ cup	Poptart & Cheese Stick Fresh Oranges 1 each Craisins 1 pack Cheeseburger Baked Beans ½ cup Oven Fries ½ cup Pineapple ½ cup	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Breaded Chicken Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & <i>Salsa</i> Refried Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Breakfast Bun Fruit Juice 4 oz. Peaches ½ cup Pepperoni Hot Pocket <i>Marinara Dunk Cup</i> Corn ½ cup Steamed Broccoli ½ cup Craisins 1 pack
13	14	15	16	17
No Salad Entrée Today Cereal Kit with Fruit Juice 4 oz. Pineapple ½ cup Hotdog Sweet Potato Fries ½ cup Baked Beans ½ cup Applesauce ½ cup	Mini Pancakes or Waffles Mixed Fruit ½ cup Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Cheese Omelet & Muffin Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza <i>Marinara Dunk Cup</i> 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> Black Beans ½ cup Fruit Juice 4 oz.	Breakfast Pizza Fruit Juice 4 oz. Peaches ½ cup Turkey & Cheese Sandwich Chips <i>Salsa Dunk Cup</i> Veggie Juice 4 oz. Craisins 1 pack

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).



feedmyschool.org
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH

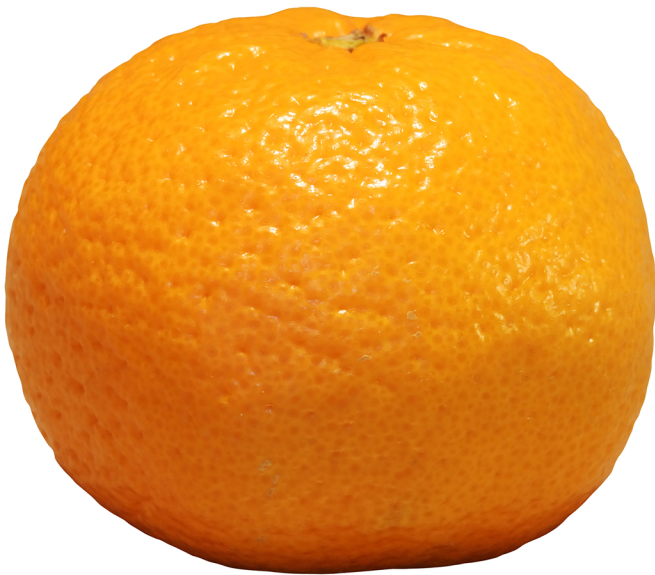


Citrus

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