

Gainesville City High School Menu

January 2022

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
3 Holiday	4 Holiday	5 Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	6 Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	7 Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack
		Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup Fruit Juice 4 oz.	Walking Chicken Taco Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Craisins 1 pack	Bacon Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each
10 Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup	11 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	12 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	13 Chicken Biscuit Fruit Juice 4 oz. Raisins 1 pack	14 Dutch Waffle Fresh Fruit 1 each Peaches ½ cup
Cherry Blossom Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ½ cup Peaches ½ cup Fresh Fruit 1 each	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Sandwich Oven Fries ¾ cup Carrot Sticks ½ cup Zesty Greens ½ cup Applesauce ½ cup Fresh Fruit 1 each
17 Holiday	18 Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	19 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	20 Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	21 Breakfast Bun Fresh Fruit 1 each Peaches ½ cup
	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	Turkey & Cheese Sandwich Chips Carrot Sticks ½ cup Broccoli Dippers ½ cup Applesauce ½ cup Fresh Fruit 1 each
24 Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup	25 Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	26 Cheese Omelet & Muffin Fruit Juice 4 oz. Applesauce ½ cup	27 Chicken Biscuit Fruit Juice 4 oz. Raisins 1 pack	28 Breakfast Pizza Fresh Fruit 1 each Peaches ½ cup
General Tso's Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ½ cup Peaches ½ cup Fresh Fruit 1 each	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Sandwich Oven Fries ¾ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
31 Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	1 Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack	2 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup	3 Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	4 Sausage Pancake on a Stick Fresh Fruit 1 each Peaches ½ cup
Bacon 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	Mac and Cheese with Garlic Toast Parmesan Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Walking Chicken Taco Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Grilled Cheese Sandwich Marinara Dunk Cup Broccoli Dippers ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each

• 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).



feedmyschool.org
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH

Greens



This institution is an equal opportunity provider.

Greens

Collards, Mustards and Turnips are all part of the Brassicaceae family.

Winter greens collectively are great providers of Vitamins K, A, and C and are considered nutrition powerhouses.

While they share many similarities, the difference in flavor is truly known by a “greens” connoisseur. Collards are sweet, mustards are peppery, and turnips are a nice mix of the two that also include an edible root (the turnip).



Winter greens are available year round but taste much sweeter during their peak time of December-March.

Most Georgians cook collards, mustards, and turnips and even save their broths for different uses but there is a growing trend to incorporate these greens into non-traditional recipes including pesto.

Remember that it's a great southern tradition to eat your greens as the start of the New Year.



Georgia Department of Education School Nutrition

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