

# Gainesville City Middle School Menu

## January 2022

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
3 <b>Holiday</b>	4 <b>Holiday</b>	5 <b>One entrée choice at lunch</b> Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <b>Whipped Potatoes ½ cup</b> <b>Green Beans ½ cup</b> Applesauce ½ cup	6 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken with Eggroll <b>Carrot Sticks ½ cup</b> <b>Steamed Broccoli ½ cup</b> Mandarin Oranges ½ cup	7 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos <b>Sour Cream &amp; Salsa</b> <b>Pinto Beans ½ cup</b> <b>Cherry Tomatoes ½ cup</b> Raisins 1 pack
10 Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Corn dog <b>Coleslaw ½ cup</b> <b>Baked Beans ½ cup</b> Applesauce ½ cup	11 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll <b>Green Beans ½ cup</b> <b>Whipped Potatoes ½ cup</b> Peaches ½ cup	12 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup Cheesy Frenchbread Pizza <b>Marinara Dunk Cup</b> <b>Corn ½ cup</b> <b>Zesty Greens ½ cup</b> Pineapple ½ cup	13 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos <b>Sour Cream &amp; Salsa</b> <b>Blue Beans ½ cup</b> <b>Cherry Tomatoes ½ cup</b> Fruit Juice 4 oz.	14 Dutch Waffle Fruit Juice 4 oz. Peaches ½ cup Turkey & Cheese Sandwich Chips <b>Carrot Sticks ½ cup</b> <b>Veggie Juice 4 oz.</b> Fresh Fruit 1 each
17 <b>Holiday</b>	18 Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Cheeseburger <b>Baked Beans ½ cup</b> <b>Oven Fries ½ cup</b> Pineapple ½ cup	19 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Breaded Chicken Drumstick with 1 oz. Roll <b>Sweet Potatoes ½ cup</b> <b>Green Beans ½ cup</b> Peaches ½ cup	20 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos <b>Sour Cream &amp; Salsa</b> <b>Refried Beans ½ cup</b> <b>Cherry Tomatoes ½ cup</b> Raisins 1 pack	21 Breakfast Bun Fruit Juice 4 oz. Peaches ½ cup Pepperoni Hot Pocket <b>Marinara Dunk Cup</b> <b>Corn ½ cup</b> <b>Steamed Broccoli ½ cup</b> Fresh Fruit 1 each
24 Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Hotdog <b>Coleslaw ½ cup</b> <b>Baked Beans ½ cup</b> Applesauce ½ cup	25 Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll <b>Green Beans ½ cup</b> <b>Whipped Potatoes ½ cup</b> Peaches ½ cup	26 Cheese Omelet & Muffin Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza <b>Marinara Dunk Cup</b> <b>Corn ½ cup</b> <b>Steamed Broccoli ½ cup</b> Pineapple ½ cup	27 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos <b>Sour Cream &amp; Salsa</b> <b>Blue Beans ½ cup</b> <b>Cherry Tomatoes ½ cup</b> Fruit Juice 4 oz.	28 Breakfast Pizza Fruit Juice 4 oz. Peaches ½ cup Turkey & Cheese Sandwich Chips <b>Carrot Sticks ½ cup</b> <b>Veggie Juice 4 oz.</b> Fresh Fruit 1 each
31 Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <b>Whipped Potatoes ½ cup</b> <b>Green Beans ½ cup</b> Applesauce ½ cup	1 Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack Cheeseburger <b>Baked Beans ½ cup</b> <b>Oven Fries ½ cup</b> Pineapple ½ cup	2 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken with Eggroll <b>Carrot Sticks ½ cup</b> <b>Steamed Broccoli ½ cup</b> Mandarin Oranges ½ cup	3 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos <b>Sour Cream &amp; Salsa</b> <b>Pinto Beans ½ cup</b> <b>Cherry Tomatoes ½ cup</b> Raisins 1 pack	4 Sausage Pancake on a Stick Fruit Juice 4 oz. Peaches ½ cup Mozzarella Cheese Sticks <b>Marinara Dunk Cup</b> <b>Corn ½ cup</b> <b>Broccoli Dippers ½ cup</b> Fresh Fruit 1 each

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](http://feedmyschool.org)  
[georgiagrown.com](http://georgiagrown.com)  
[gafarmtoschool.org](http://gafarmtoschool.org)

# HARVEST OF THE MONTH

# Greens



# 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

This institution is an equal opportunity provider.