

Gainesville City Schools Elementary 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	4	5	6	7
Holiday	Holiday	Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Potato Smiles 6 each Green Beans ½ cup Applesauce ½ cup	Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken Nuggets with Eggroll Carrot Sticks ½ cup Steamed Broccoli ½ cup Mandarin Oranges ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack
10	11	12	13	14
Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots ½ cup Applesauce ½ cup	Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Zesty Greens ½ cup Pineapple ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz.	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup Turkey & Cheese Sandwich Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
17	18	19	20	21
Holiday	Mini Waffles or Pancakes Fresh Fruit 1 each Craisins 1 pack Hotdog Baked Beans ½ cup Curly Fries ½ cup Pineapple ½ cup	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Breaded 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 & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Veggie Juice 4 oz. Broccoli Dippers ½ cup Fresh Fruit 1 each
24	25	26	27	28
Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots ½ cup Applesauce ½ cup	Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup 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 Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz.	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup PB&J or Soybutter Sandwich Crackers Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
31	1	2	3	4
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Potato Smiles 6 each Green Beans ½ cup Applesauce ½ cup	Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack Corn dog Baked Beans ½ cup Curly Fries ½ cup Pineapple ½ cup	Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken Nuggets with Eggroll Carrot Sticks ½ cup Steamed Broccoli ½ cup Mandarin Oranges ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Cereal Kit with Fruit Juice 4 oz. Peaches ½ cup Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
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

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.