

Gainesville City High School Menu

February 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
31	1	2	3	4
	Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack	Muffin & Cheese Stick Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	Sausage Pancake on a Stick 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	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
7	8	9	10	11
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Raisins 1 pack	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 Applesauce ½ cup Fresh Fruit 1 each
14	15	16	17	18
Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	Breakfast Bun Fresh Fruit 1 each Peaches ½ cup
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	Hotdog & Chips Baked Beans ½ cup Colelaw 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
21	22	23	24	25
Holiday	Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Raisins 1 pack	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	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
28	1	2	3	4
Cereal Kit with Fruit Juice 4 oz. Mandarin Oranges ½ cup	Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack	Muffin & Cheese Stick Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fruit Juice 4 oz. Raisins 1 pack	Sausage Pancake on a Stick Fresh Fruit 1 each Peaches ½ cup
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	Cheese Pizza	Pepperoni Hot Pocket	Pepperoni Pizza
Cheesy French Bread	Cheese Pizza	Pepperoni Pizza	Mozzarella Breadsticks (2)	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



Cruciferous Vegetables

This institution is an equal opportunity provider.

Cruciferous Vegetables

**Cruciferous vegetables are members of the Brassicaceae family.
CABBAGE, BROCCOLI, CAULIFLOWER**

Cruciferous vegetables are often known for their distinct odor when cooked by certain methods, but when cooked with less water and lower heat methods, the smells are kept to a minimum and the nutrients are kept to a maximum.

Many vegetables evolved from the original wild cabbage, including broccoli, Brussel sprouts, cauliflower, kale, and kohlrabi.

Cabbage is in season in Georgia from October through July while broccoli and cauliflower are in season in late fall through spring if protected properly in the winter months.

Cabbage is one of Georgia's 2018 Farm Gate Value Report's top 10 vegetables produced in Georgia.

South Georgia's climate allows for an extended broccoli growing season through the winter while north Georgia's climate allows for broccoli to be grown into late spring.

Cauliflower can be a bit more challenging to grow in Georgia than the other members of this group, but its popularity is on the rise as it is used to create "steaks", "rice", and pizza crusts on menus.



Georgia Department of Education School Nutrition

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