


# Gainesville Middle School Menu

Welcome back to  
**SCHOOL MEALS**

## August 2022

Students eat at no cost  
Adult breakfast: \$4.00  
Adult lunch: \$5.00  
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                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8</b>                                                                                                                                                             | <b>9</b>                                                                                                                                                                             | <b>10</b>                                                                                                                                                                   | <b>11</b>                                                                                                                                                            | <b>12</b>                                                                                                                                                                               |
|                                                                                      | Poptart & Cheese Stick<br>Fresh Fruit 1 each<br>Craisins 1 pack<br>Asian Chicken<br>with Fried Rice<br>Carrot Sticks ½ cup<br>Steamed Cabbage ½ cup<br>Mandarin Oranges ½ cup        | French Toast Sticks<br>Fruit Juice 4 oz.<br>Applesauce ½ cup<br>Hotdog<br>Baked Beans ½ cup<br>Curly Fries ½ cup<br>Coleslaw ½ cup<br>Fresh Fruit 1 each                    | Chicken Biscuit<br>Fruit Juice 4 oz.<br>Fresh Fruit 1 each<br>Beefy Nachos<br>Sour Cream & Salsa<br>Refried Beans ½ cup<br>Carrot Sticks ½ cup<br>Raisins 1 pack     | Breakfast Bun<br>Fruit Juice 4 oz.<br>Mixed Fruit ½ cup<br>Mozzarella Breadsticks<br>Marinara Dunk Cup<br>Corn ½ cup<br>Steamed Broccoli ½ cup<br>Fresh Fruit 1 each                    |
| <b>15</b>                                                                                                                                                            | <b>16</b>                                                                                                                                                                            | <b>17</b>                                                                                                                                                                   | <b>18</b>                                                                                                                                                            | <b>19</b>                                                                                                                                                                               |
| Cereal Cup<br>Fruit Juice 4 oz.<br>Fresh Fruit 1 each<br>Cheeseburger<br>Baked Beans ½ cup<br>Tater Tots 8 each<br>Garden Salad 1 cup<br>Applesauce ½ cup            | Mini Pancakes or Waffles<br>Fresh Fruit 1 each<br>Craisins 1 pack<br>Crunchy Chicken Tacos<br>Sour Cream & Salsa<br>Black Beans ½ cup<br>Lettuce & Tomato 1 cup<br>Fruit Juice 4 oz. | Breakfast Pizza<br>Fruit Juice 4 oz.<br>Applesauce ½ cup<br>Pepperoni Pizza<br>Corn ½ cup<br>Cheesy Broccoli ½ cup<br>Carrot Sticks ½ cup<br>Pineapple ½ cup                | Steak Biscuit<br>Fresh Fruit 1 each<br>Raisins 1 pack<br>Chicken Nuggets (5)<br>with 1 oz. Roll<br>Green Beans ½ cup<br>Whipped Potatoes ½ cup<br>Peaches ½ cup      | Cheese Omelet & Muffin<br>Fruit Juice 4 oz.<br>Mixed Fruit ½ cup<br>Grilled Cheese Sandwich<br>Marinara Dunk Cup<br>Sliced Cucumbers ½ cup<br>Carrot Sticks ½ cup<br>Fresh Fruit 1 each |
| <b>22</b>                                                                                                                                                            | <b>23</b>                                                                                                                                                                            | <b>24</b>                                                                                                                                                                   | <b>25</b>                                                                                                                                                            | <b>26</b>                                                                                                                                                                               |
| Cereal Cup<br>Fruit Juice 4 oz.<br>Fresh Fruit 1 each<br>Chicken Sandwich<br>Steamed Squash ½ cup<br>Potato Smiles 6 each<br>Spinach Salad 1 cup<br>Applesauce ½ cup | Breakfast Taquito<br>Fresh Fruit 1 each<br>Craisins 1 pack<br>Hotdog<br>Baked Beans ½ cup<br>Curly Fries ½ cup<br>Coleslaw ½ cup<br>Fresh Fruit 1 each                               | Muffin & Yogurt<br>Fruit Juice 4 oz.<br>Applesauce ½ cup<br>Breaded Drumstick<br>with 1 oz. Roll<br>Sweet Potatoes ½ cup<br>Green Beans ½ cup<br>Peaches ½ cup              | Chicken Biscuit<br>Fruit Juice 4 oz.<br>Fresh Fruit 1 each<br>Beefy Macaroni<br>with Garlic Toast<br>Corn ½ cup<br>Cheesy Broccoli ½ cup<br>Mandarin Oranges ½ cup   | Sausage Pancake on a Stick<br>Fruit Juice 4 oz.<br>Mixed Fruit ½ cup<br>PB&J or Soybutter Sandwich<br>with Chips<br>Carrot Sticks ½ cup<br>Veggie Juice 4 oz.<br>Watermelon ½ cup       |
| <b>29</b>                                                                                                                                                            | <b>30</b>                                                                                                                                                                            | <b>31</b>                                                                                                                                                                   | <b>1</b>                                                                                                                                                             | <b>2</b>                                                                                                                                                                                |
| Cereal Cup<br>Fruit Juice 4 oz.<br>Fresh Fruit 1 each<br>Cheeseburger<br>Baked Beans ½ cup<br>Sweet Potato Fries ½ cup<br>Garden Salad 1 cup<br>Applesauce ½ cup     | Biscuit & Sausage Links<br>Fresh Fruit 1 each<br>Craisins 1 pack<br>Chicken Nuggets (5)<br>with 1 oz. Roll<br>Green Beans ½ cup<br>Whipped Potatoes ½ cup<br>Peaches ½ cup           | Sausage Pancake Slider<br>Fruit Juice 4 oz.<br>Applesauce ½ cup<br>Cheesy Frenchbread Pizza<br>Marinara Dunk Cup<br>Corn ½ cup<br>Steamed Broccoli ½ cup<br>Pineapple ½ cup | Steak Biscuit<br>Fresh Fruit 1 each<br>Raisins 1 pack<br>Chicken Totchos<br>Sour Cream & Salsa<br>Tater Tots 8 each<br>Pinto Beans ½ cup<br>Fruit Juice Slushy 4 oz. | Dutch Waffle<br>Fruit Juice 4 oz.<br>Mixed Fruit ½ cup<br>Turkey & Cheese Sandwich<br>with Chips<br>Carrot Sticks ½ cup<br>Sliced Cucumbers ½ cup<br>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).

• Daily Assortment of Cereal Offered at Breakfast •

Students who select cereal may also select both fruit or juice options listed on the menu.





feedmyschool.org  
georgiagrown.com  
gafarmtoschool.org

# HARVEST OF THE MONTH

# Watermelon



# Watermelon

**Watermelon is in the same family as cucumbers, pumpkins and squash.**

**Watermelon is a warm-season crop that grows on a vine.**

**As the name implies, watermelon is mostly water and helps us stay hydrated in summer months while also providing vitamin C, vitamin A, and lycopene. Lycopene gives watermelon its red color.**



Watermelon is in season in Georgia from around June through August.

UGA's 2021 Ag Snapshot lists GA as #2 in the nation for watermelon production.

Cordele, Georgia, located in Crisp County, is known as the Watermelon Capital of the world.

Watermelons are ready to harvest 80-90 days after planting.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.