

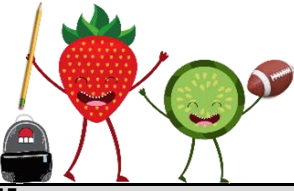
Gainesville City Schools Elementary Menu

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
8 	9 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	10 Mini Waffles or Pancakes Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	11 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	12 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup
15 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	16 Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Blue Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	17 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	18 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	19 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Turkey & Cheese Munchable with Yogurt Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
22 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	23 Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	24 Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup Breaded Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	25 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges ½ cup	26 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Veggie Juice 4 oz. Carrot Sticks ½ cup Watermelon ½ cup
29 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries ½ cup Garden Salad 1 cup Applesauce ½ cup	30 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	31 Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup Cheesy French Bread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	1 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Romaine Salad 1 cup Fruit Juice Slushy 4 oz.	2 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each

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

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.