

Gainesville High School Menu

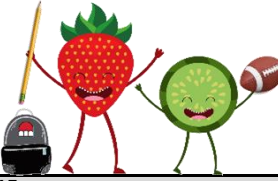
Welcome back to
SCHOOL MEALS

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
8	9	10	11	12
	Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	French Toast Sticks Fresh Fruit 1 each Craisins 1 pack Mac and Cheese 1.25 oz. Roll Steamed Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries ¾ cup Applesauce ½ cup Fresh Fruit 1 each
15	16	17	18	19
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
22	23	24	25	26
Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Dutch Waffle Fresh Fruit 1 each Craisins 1 pack Beefy Macaroni with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries ¾ cup Applesauce ½ cup Watermelon ½ cup
29	30	31	1	2
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Breakfast Taquito Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Steamed Broccoli ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each

• Grab & Go Breakfast Items | Daily Assortment •

Poptart & Yogurt
Cereal Bar & Cheese Crackers
Muffin & Yogurt
Breakfast Bun
Assorted 2 oz. Cereal Cups


Students who select a grab & go breakfast entrée may also select both fruit or juice options listed on the menu.


• Cold Sandwich, Salad, & Pizza Lines | Weekly Lunch Rotation •

Monday	Tuesday	Wednesday	Thursday	Friday
*PB&J Sandwich Box Chicken Caesar Salad with 1.25 oz. Roll Cheesy French Bread with Marinara	Turkey & Cheese Sandwich Box Side of Lettuce & Tomato 1 cup No Salad Entrée Cheese Pizza	*PB&J Sandwich Box Harvest Fruit Salad Meatless Entrée Mozzarella Breadsticks (2) with Marinara	Turkey & Cheese Sandwich Box Nacho Average Salad Meatless Entrée Pepperoni Pizza	*PB&J Sandwich Box No Salad Entrée Pepperoni Hot Pockets with Marinara

Students who select a cold sandwich, salad, or pizza item may also select all vegetables and fruits offered on the main line.

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

Watermelon



This institution is an equal opportunity provider.

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.