

Gainesville High School Menu

September 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
29	30	31	1	2
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Breakfast Taquito Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches 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	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Grilled Cheese Sandwich Marinara Dunk Cup Steamed Broccoli ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each
5	6	7	8	9
Holiday	Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	French Toast Sticks Fresh Fruit 1 each Craisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup
	Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Mac and Cheese 1.25 oz. Roll Steamed Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries ¾ cup Applesauce ½ cup Fresh Fruit 1 each
12	13	14	15	16
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches 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	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Grilled Cheese Sandwich Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
19	20	21	22	23
Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup	Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Dutch Waffle Fresh Fruit 1 each Craisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup
Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Crunchy Chicken Tacos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Cheeseburger Baked Beans ½ cup Oven Fries ¾ cup Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Beefy Macaroni with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries ¾ cup Applesauce ½ cup Fresh Fruit 1 each
26	27	28	29	30
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Breakfast Taquito Fruit Juice 4 oz. Raisins 1 pack	World School Milk Day	Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches 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	Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	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 •

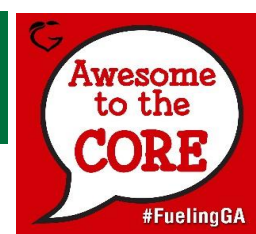
Monday	Tuesday	Wednesday	Thursday	Friday
*PB&J Sandwich Box Chicken Caesar Salad with 1.25 oz. Roll Cheesy French Bread with Marinara	Turkey & Cheese Sandwich Box Side of Lettuce & Tomato 1 cup No Salad Entrée Cheese Pizza	*PB&J Sandwich Box Harvest Fruit Salad Meatless Entrée Mozzarella Breadsticks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



Apples



Apples

Apples are a member of the rose family.

Apple trees originated in Central Asia and were brought to North America by European colonists. They are now grown in all 50 states.

Apples come in all shades of red, green and yellow and provide fiber and vitamin C. Enjoy them with their skin on for the best nutrition.

Apples are in season in Georgia from around August through October.

Georgia apples are sold primarily for the fresh market, unlike other states.

According to Georgia's 2019 Farm Gate Value Report, most of Georgia's apples are grown in Fannin and Gilmer counties in north Georgia.

Georgia's annual apple festival is hosted during October.



Georgia Department of Education School Nutrition