

Gainesville Middle 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
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup
Cheeseburger Baked Beans ½ cup Sweet Potato Fries ½ cup Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Totchos Sour Cream & Salsa Tater Tots 8 each Pinto Beans ½ cup Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
5	6	7	8	9
Holiday	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup
	Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Carrot Sticks ½ cup Raisins 1 pack	Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Fresh Fruit 1 each
12	13	14	15	16
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	Breakfast Pizza Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cheese Omelet & Muffin Fruit Juice 4 oz. Mixed Fruit ½ cup
Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	Crunchy Chicken Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Grilled Cheese Sandwich Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
19	20	21	22	23
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack	Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Breaded Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Beefy Macaroni with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges ½ cup	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
26	27	28	29	30
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	World School Milk Day	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup
Cheeseburger Baked Beans ½ cup Sweet Potato Fries ½ cup Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Chicken Totchos Sour Cream & Salsa Tater Tots 8 each Pinto Beans ½ cup Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup 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**

Apples



Awesome
to the
CORE

#FuelingGA

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