

# Gainesville City Schools Elementary 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
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack	Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cereal Cup 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 French Bread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Romaine Salad 1 cup Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Holiday</b>	Mini Waffles or Pancakes 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	Cereal Cup 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	Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack	Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cereal Cup 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 Blue 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	Turkey & Cheese Munchable with Yogurt Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage Pancake on a Stick 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	Cereal Cup 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	Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges ½ cup	Grilled Cheese Sandwich Marinara Dunk Cup Veggie Juice 4 oz. Carrot Sticks ½ cup Fresh Fruit 1 each
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack	<b>World School Milk Day</b>	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cereal Cup 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 French Bread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Romaine Salad 1 cup Fruit Juice Slushy 4 oz.	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](http://feedmyschool.org)  
[georgiagrown.com](http://georgiagrown.com)  
[gafarmtoschool.org](http://gafarmtoschool.org)

HARVEST  
 OF  
 THE MONTH

Awesome  
to the  
CORE

#FuelingGA

# 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