

Gainesville Middle School Menu

November 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
31 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	1 Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	2 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	3 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Carrot Sticks ½ cup Raisins 1 pack	4 Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Fresh Fruit 1 each
7 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	8 Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	9 Breakfast Pizza Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	10 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	11 Cheese Omelet & Muffin Fruit Juice 4 oz. Mixed Fruit ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
14 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	15 Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	16 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	17 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	18 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutterm Sandwich with Chips Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack
21	22	23	24	25
Thanksgiving Break				
28 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	29 Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	30 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	1 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Totchos Sour Cream & Salsa Tater Tots 8 each Pinto Beans ½ cup Fruit Juice Slushy 4 oz.	2 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack 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

Sweet Potato



Sweet Potato

Sweet Potatoes are in the morning glory family.

Sweet potatoes should be cured in temperatures around 85 degrees for approximately 7-10 days after harvesting in order to strengthen their skin and enhance their flavor.

Sweet potatoes are a root vegetable packed with Vitamin A and potassium.



Sweet potatoes grow underground and love hot, moist temperatures like our Georgia climate.

Sweet potatoes are in season in Georgia from August through November.

Ocilla, GA is home to the annual Georgia Sweet Potato Festival that has been celebrated since the 1960s.

The festival is hosted by the Ocilla-Irwin Chamber and includes a parade and cooking contests.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.