

# Gainesville High 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
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup	Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack	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) <i>1.25 oz. Roll</i> Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Walking Chicken Taco <i>Sour Cream &amp; Salsa</i> Pinto Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Mac and Cheese <i>1.25 oz. Roll</i> 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 1 cup Applesauce ½ cup Fresh Fruit 1 each
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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 <i>1.25 oz. Roll</i> Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Beefy Nachos <i>Sour Cream &amp; Salsa</i> 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 <i>1.25 oz. Roll</i> Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Grilled Cheese Sandwich <i>Marinara Dunk Cup</i> Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack	Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup	Dutch Waffle Fresh Fruit 1 each Craisins 1 pack	Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup
Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	Crunchy Chicken Tacos <i>Sour Cream &amp; Salsa</i> Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Hotdog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each	Spaghetti & Meat Sauce <i>with Garlic Toast</i> Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Chicken Nuggets (6) <i>1.25 oz. Roll</i> Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Raisins 1 pack
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Thanksgiving Break				
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
<b>No Salads</b>	<b>No Salads</b>			
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 <i>1.25 oz. Roll</i> Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Craisins 1 pack	Beefy Nachos <i>Sour Cream &amp; Salsa</i> Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fruit Juice 4 oz.	Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Asian Chicken <i>with Fried Rice</i> Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Grilled Cheese Sandwich <i>Marinara Dunk Cup</i> 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 <i>with 1.25 oz. Roll</i> Cheesy French Bread <i>with Marinara</i>	Turkey & Cheese Sandwich Box Side of Lettuce & Tomato 1 cup No Salad Entrée Cheese Pizza	*PB&J Sandwich Box Harvest Fruit Salad <i>Meatless Entrée</i> Mozzarella Breadsticks (2) <i>with Marinara</i>	Turkey & Cheese Sandwich Box Nacho Average Salad <i>Meatless Entrée</i> Pepperoni Pizza	*PB&J Sandwich Box No Salad Entrée Pepperoni Hot Pockets <i>with Marinara</i>

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).



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# HARVEST OF THE MONTH

# Sweet Potato



