

Gainesville High School Menu

November 2022

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.

Students eat at no cost

Adult breakfast: \$4.00

Adult lunch: \$5.00

Extra milk is \$0.35

Monday	Tuesday	Wednesday	Thursday	Friday
31 Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	1 Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack Walking Chicken Taco Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	2 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	3 French Toast Sticks Fresh Fruit 1 each Craisins 1 pack Mac and Cheese 1.25 oz. Roll Steamed Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	4 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each
7 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit 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	8 Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fresh Fruit 1 each	9 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	10 Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	11 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
14 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Mixed Fruit ½ cup Fresh Fruit 1 each	15 Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	16 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each	17 Dutch Waffle Fresh Fruit 1 each Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	18 Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Raisins 1 pack
21	22	23	24	25
Thanksgiving Break				
28 No Salads Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Craisins 1 pack	29 No Salads Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Pineapple ½ cup Fruit Juice 4 oz.	30 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	1 Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	2 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup 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 Marinara	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).



feedmyschool.org
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH

Sweet Potato



This institution is an equal opportunity provider.

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

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