

Gainesville City Schools Elementary 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	1 Mini Waffles or Pancakes Fresh Fruit 1 each Craisins 1 pack	2 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	3 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	4 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce 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
7 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	8 Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack	9 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	10 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	11 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 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	Turkey & Cheese Munchable with Yogurt Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
14 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	15 Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack	16 Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup	17 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	18 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	Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges ½ cup	Breaded Drumstick with 1 oz. Roll I'm SWEET Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	PB&J or Soybutter Sandwich with Chips Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack
21	22	23	24	25
Thanksgiving Break				
28 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup	29 Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup	30 Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack	1 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	2 Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each
Cheesy French Bread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce 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
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH

Sweet Potato



