

# Gainesville City Schools Elementary Menu

## December 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.

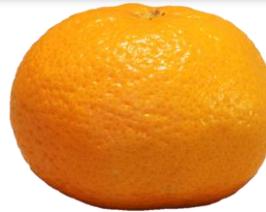
Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup	<b>29</b> Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup	<b>30</b> Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack	<b>1</b> Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	<b>2</b> Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each
Cheesy French Bread Pizza <i>Marinara Dunk Cup</i> Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Chicken Nuggets (5) <i>with 1 oz. Roll</i> 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 <i>Sour Cream &amp; Salsa</i> Black Beans ½ cup Romaine Salad 1 cup Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich <i>with Chips</i> Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
<b>5</b> Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>6</b> Mini Waffles or Pancakes Fresh Fruit 1 each Craisins 1 pack	<b>7</b> French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	<b>8</b> Chicken Biscuit Fruit Juice 4 oz. Peaches ½ cup	<b>9</b> 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 <i>with Fried Rice</i> Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	Mozzarella Breadsticks <i>Marinara Dunk Cup</i> Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	Beefy Nachos <i>Sour Cream &amp; Salsa</i> Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	PB&J or Soybutter Sandwich <i>with Chips</i> Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>12</b> Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>13</b> Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack	<b>14</b> Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	<b>15</b> Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	<b>16</b> 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 <i>Sour Cream &amp; Salsa</i> 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) <i>with 1 oz. Roll</i> Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Turkey & Cheese Munchable <i>with Chips</i> Salsa Dunk Cup Veggie Juice 4 oz. Applesauce ½ cup

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

Citrus

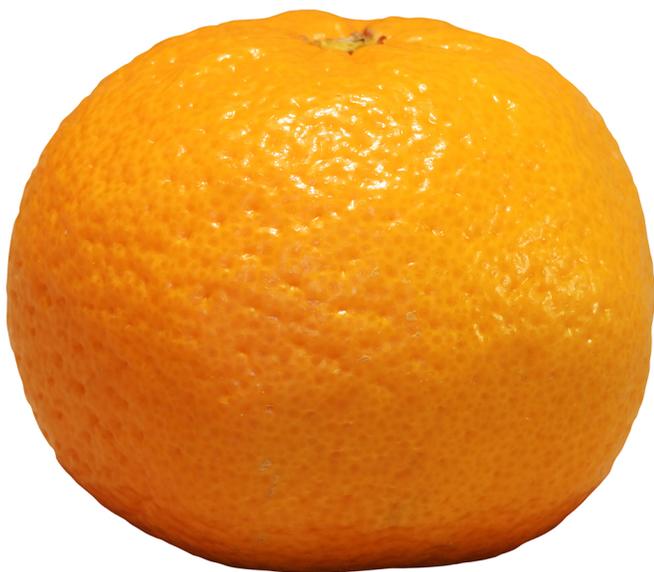


# Citrus

## Citrus fruits are a member of the Rutaceae family of plants.

Citrus fruits grow on flowering shrubs or trees, and it takes around 4 years after it is planted before a tree will start producing significant amounts of citrus.

The benefits of citrus are found in more than just the juice. Have you ever tried to see how many pieces of fruit that it takes to squeeze into a glass of juice? Try it and determine if you would ever eat that many pieces of fruit in one sitting?



Citrus plants are in season in GA from around November through December.

Georgia is now growing many varieties of citrus and the industry is expected to only continue to expand, allowing for more Georgia Grown citrus availability in the coming years.

The southern portion of the state produces most of Georgia's citrus.



Georgia Department of Education School Nutrition