

Gainesville High School 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
28 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	29 Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack	30 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	1 Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack	2 Biscuit and Gravy Fresh Fruit 1 each Peaches 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	Beefy Nachos Sour Cream & Salsa 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 with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Grilled Cheese Sandwich Marinara Dunk Cup Steamed Broccoli ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each
5 Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup	6 Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack	7 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	8 French Toast Sticks Fresh Fruit 1 each Craisins 1 pack	9 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup
Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	Walking Chicken Taco Sour Cream & Salsa 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 1.25 oz. Roll 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
12 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	13 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	14 Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup	15 Early Release- 1 lunch choice Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack	16 Early Release- 1 lunch choice Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack
Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. 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	Grilled Cheese Sandwich Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each	Turkey & Cheese Sandwich with Chips Broccoli Dippers ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fruit Juice 4 oz.	Turkey & Cheese Sandwich with Chips Veggie Juice 4 oz. Salsa Dunk Cup Pineapple ½ cup Craisins 1 pack

• 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 •

Rotation is subject to change the last week of December due to the upcoming holiday.

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
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HARVEST OF THE MONTH

Citrus

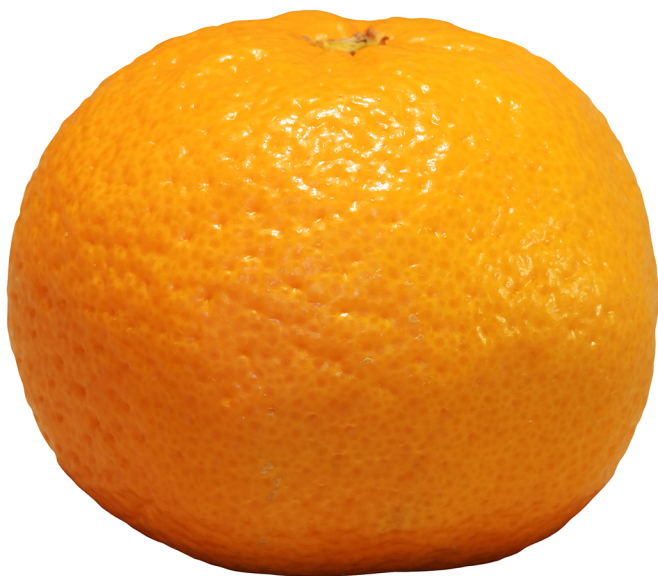


Citrus

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