

# Gainesville Middle 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
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup	Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack
Cheesy Frenchbread Pizza <i>Marinara Dunk Cup</i> 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 Totchos Sour Cream & Salsa Tater Tots 8 each Pinto Beans ½ cup Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Breakfast Bun 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	Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Carrot Sticks ½ cup Raisins 1 pack	Mozzarella Breadsticks <i>Marinara Dunk Cup</i> Corn ½ cup Steamed Broccoli ½ cup Fresh Fruit 1 each
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	Breakfast Pizza Fruit Juice 4 oz. Applesauce ½ cup	<b>Early Release</b>	<b>Early Release</b>
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	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cheese Omelet & Muffin Fruit Juice 4 oz. Mixed Fruit ½ cup
			Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Craisins 1 pack	PB&J or Soybutter Sandwich with Chips Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack

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

Citrus

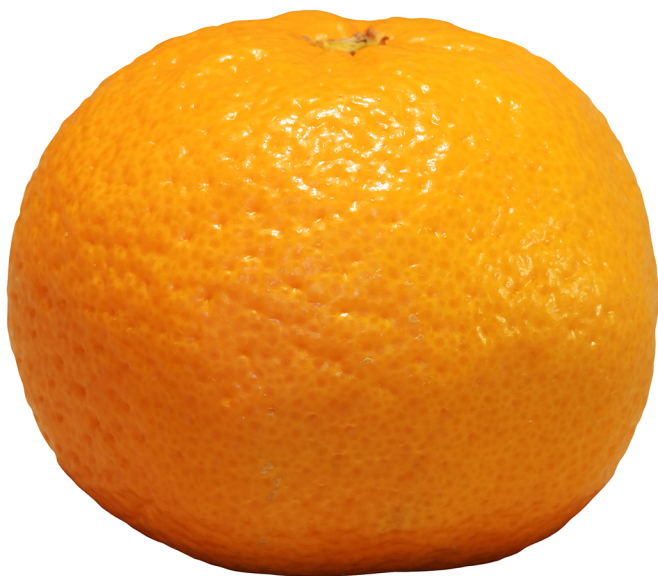


# Citrus

## 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 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