

# Gainesville High School Menu

## January 2023

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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>9</b></p> <p>Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup</p> <p>Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each</p>	<p><b>10</b></p> <p>Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack</p> <p>Beefy Nachos Sour Cream &amp; Salsa Black Beans ½ cup Corn ½ cup Lettuce &amp; Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each</p>	<p><b>11</b></p> <p><b>Welcome Back!</b></p> <p>Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup</p> <p>Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each</p>	<p><b>12</b></p> <p>Dutch Waffle Fresh Fruit 1 each Craisins 1 pack</p> <p>Spaghetti &amp; Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each</p>	<p><b>13</b></p> <p><b>National Bean Day</b></p> <p>Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup</p> <p>Hotdog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Tots 12 each Applesauce ½ cup Fresh Fruit 1 each</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Holiday</b>	<p>Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup</p> <p>Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each</p>	<p><b>National Milk Day</b></p> <p>Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup</p> <p>Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Lettuce &amp; Tomato 1 cup Peaches ½ cup Fresh Fruit 1 each</p>	<p>Muffin &amp; Cheese Omelet Fresh Fruit 1 each Craisins 1 pack</p> <p>Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each</p>	<p>Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup</p> <p>Grilled Cheese Sandwich Marinara Dunk Cup Zesty Greens ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each Whole Grain Dessert</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>Holiday</b></p> <p>Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup</p> <p>Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each</p>	<p>Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack</p> <p>Beefy Nachos Sour Cream &amp; Salsa Black Beans ½ cup Corn ½ cup Lettuce &amp; Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each</p>	<p>Sausage &amp; Pancake Slider Fruit Juice 4 oz. Raisins 1 pack</p> <p>Walking Chicken Taco Sour Cream &amp; Salsa Pinto Beans ½ cup Corn ½ cup Lettuce &amp; Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each</p>	<p>Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup</p> <p>Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Lettuce &amp; Tomato 1 cup Peaches ½ cup Fresh Fruit 1 each</p>	<p>French Toast Sticks Fresh Fruit 1 each Craisins 1 pack</p> <p>Mac and Cheese 1.25 oz. Roll Steamed Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each</p>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<p>Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup</p> <p>Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each</p>	<p>Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack</p> <p>Crunchy Chicken Tacos Sour Cream &amp; Salsa Refried Beans ½ cup Corn ½ cup Lettuce &amp; Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each</p>	<p>Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup</p> <p>Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Lettuce &amp; Tomato 1 cup Mixed Fruit ½ cup Fresh Fruit 1 each</p>	<p>Muffin &amp; Cheese Omelet Fresh Fruit 1 each Craisins 1 pack</p> <p>Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each</p>	<p><b>Celebrate Soup Month</b></p> <p>Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup</p> <p>Grilled Cheese Sandwich Tomato Bisque Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each</p>

### • 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 Sandwiches and Pizza | Weekly Lunch Rotation •

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*PB&amp;J Sandwich Box</b> Cheesy French Bread with Mannara</p>	<p><b>Turkey &amp; Cheese Sandwich Box</b> Cheese Pizza</p>	<p><b>*PB&amp;J Sandwich Box</b> Mozzarella Breadsticks (2) with Mannara</p>	<p><b>Turkey &amp; Cheese Sandwich Box</b> Pepperoni Pizza</p>	<p><b>*PB&amp;J Sandwich Box</b> Pepperoni Hot Pockets with Mannara</p>

### • Salad Rotation •

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Caesar Salad with 1.25 oz. Roll</p>	<p>No Salad Entrée</p>	<p>Harvest Fruit Salad Meatless Entrée</p>	<p>Nacho Average Salad Meatless Entrée</p>	<p>No Salad Entrée</p>

\*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).

This institution is an equal opportunity provider.

# Greens

## Collards, Mustards and Turnips are all part of the Brassicaceae family.

Winter greens collectively are great providers of Vitamins K, A, and C and are considered nutrition powerhouses.

While they share many similarities, the difference in flavor is truly known by a “greens” connoisseur. Collards are sweet, mustards are peppery, and turnips are a nice mix of the two that also include an edible root (the turnip).

Winter greens are available year round but taste much sweeter during their peak time of December-March.

Most Georgians cook collards, mustards, and turnips and even save their broths for different uses but there is a growing trend to incorporate these greens into non-traditional recipes including pesto.

Remember that it's a great southern tradition to eat your greens at the start of the New Year.



Georgia Department of Education School Nutrition

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