

Gainesville Middle 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
2	3	4	5	6
9	10	11	12	13
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Tots 12 each Garden Salad 1 cup Applesauce ½ cup	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Welcome Back! Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Breaded Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	National Bean Day Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Crunchy Pork Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.
16	17	18	19	20
	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	National Milk Day Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup Whole Grain Dessert	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Totchos Sour Cream & Salsa Tater Tots 8 each Pinto Beans ½ cup Fruit Juice Slushy 4 oz.	Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup Turkey & Cheese Sandwich with Chips Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
23	24	25	26	27
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Carrot Sticks ½ cup Raisins 1 pack	Celebrate Soup Month Cheese Omelet & Muffin Fruit Juice 4 oz. Mixed Fruit ½ cup Grilled Cheese Sandwich Tomato Bisque Caesar Side Salad 1 cup Carrot Sticks ½ cup Fresh Fruit 1 each
30	31	1	2	3
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup Breaded Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Mac and Cheese with Garlic Toast Pinto Beans ½ cup Zesty Greens ½ cup Mandarin Oranges ½ cup	Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each

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).

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

This institution is an equal opportunity provider.