

Gainesville City Schools Elementary 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    HARVEST OF THE MONTH  	3 	4 Welcome Back! Chicken Biscuit Fruit Juice 4 oz. Pineapple ½ cup Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	5 Sausage Pancake on a 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	6 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup
9 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	10 Sausage & Pancake Slider 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	11 National Milk Day Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup Cheesy French Bread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup Cookies	12 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Blue Beans ½ cup Romaine Salad 1 cup Fruit Juice Slushy 4 oz.	13 Cereal Cup 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
16 Holiday	17 Mini Waffles or Pancakes Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	18 French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Mozzarella Breadsticks Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup	19 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	20 Belvita & Yogurt Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybuttermilk Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
23 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	24 Breakfast Pizza Fresh Fruit 1 each Craisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Blue Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	25 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	26 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	27 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Turkey & Cheese Munchable with Yogurt Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
30 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	31 Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	1 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	2 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Mandarin Oranges ½ cup	3 Cinni Minis Fruit Juice 4 oz. Mixed Fruit ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Veggie Juice 4 oz. Carrot Sticks ½ cup Fresh Fruit 1 each

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).



Give Them More
— of the —
Good Stuff!

Salad Greens Basics

Shop and Save

- Look for leaves that are fresh and show no signs of wilting or spoiling.
- Buy an amount that you can use within about a week. Bags or containers usually have a "BEST if used by" date.
- Whole heads of lettuce might cost less than containers of ready-to-eat greens and salad kits.
- Containers of mixed greens can provide a variety of different greens in smaller amounts.
- Check a farmers market or farm stand for a variety of local fresh greens in season.

Salad greens are an excellent source of vitamin K, which helps stop bleeding.



Common Salad Greens

Try a mix for variety of flavor, texture and color. Darker color greens have more nutrients.

Leaf lettuce (green or red) - tender, ruffled leaves with a crunchy center stem; mild flavor.



Romaine or Cos - large, smooth, oval leaves with a thick crunchy center rib; more crisp than leaf lettuces; mild flavor.



Butterhead - soft, tender cupped leaves; sweet, mild flavor.



Iceberg - crisp pale green leaves; mild flavor and crunchy texture.



Spinach and Kale - **✓Darkest green of all types!** Baby leaves are tender. Mature leaves have more fiber and stiff stems. Soften mature kale leaves by cutting into small pieces or rubbing with your fingers and a small amount of dressing just until the leaves start to wilt.

Store Well Waste Less

- Greens are best when refrigerated with a little moisture and airflow. Cover greens with a damp paper towel in an open container or make holes in a plastic bag (20 holes in a medium bag). Some greens are sold in plastic boxes with holes. Use greens within 7 to 10 days for best quality.

- Some greens are labeled "washed" or "ready-to-eat." If greens are not pre-washed, separate leaves and swish in a container of cold water. Lift out of the water and repeat in clean water until no grit collects on the bottom of the container. Drain until just damp or gently pat with a towel. Avoid bruising the leaves.
- Green salads can be made as early as a day before serving. Add the dressing just before serving to keep the greens more crisp.