

Gainesville Middle School Menu

March 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
27 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	28 Limited Time Lunch Entree! Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Crunchy Pork Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	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 Mac and Cheese with Garlic Toast Pinto Beans ½ cup Zesty Greens ½ cup Mandarin Oranges ½ cup	3 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
National School Breakfast Week				
6 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	7 National Cereal Day Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	8 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	9 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.	10 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
13 Holiday	14 Pi Day Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheese Pizza Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup Cookies	15 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	16 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	17 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
20 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	21 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.	22 Belvita & Yogurt Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	23 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	24 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
27 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	28 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	29 Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup Breaded Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	30 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges ½ cup	31 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup 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

Root Veggies



Root Veggies

Root veggies are not all from the same plant family, but all are edible taproots that grow underground.

Edible roots come in many sizes, shapes, and colors. They all provide fiber and are a great way to add color to your plate.

In addition to steaming, baking or roasting, these root veggies can also be thinly sliced and enjoyed in their raw forms.



Radishes and beets are harvested in the spring; carrots are harvested in Georgia from December through June.

Carrots are one of the 2018 Georgia Farm Gate Value Report's top 10 vegetables produced in Georgia.

Beets and radishes are not known for their commercial production in GA but they are a popular choice for school gardens.

Many claim that these root vegetables are sweeter when Georgia grown because of our climate.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.