

# 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
<b>27</b>	<b>28 Limited Time Lunch Entree!</b>	<b>1</b>	<b>2</b>	<b>3</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage Pancake on a Stick 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	Crunchy Pork Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz.	Breaded Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Mac and Cheese with Garlic Toast Pinto Beans ½ cup Zesty Greens ½ cup Mandarin Oranges ½ cup	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>National School Breakfast Week</b>				
<b>6</b>	<b>7 National Cereal Day</b>	<b>8</b>	<b>9</b>	<b>10</b>
Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Dutch Waffle Fruit Juice 4 oz. Mixed Fruit ½ cup
Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple 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>13</b>	<b>14 Pi Day</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Holiday</b>	Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup
	Cheese Pizza Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup Cookies	Asian Chicken with Fried Rice Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Carrot Sticks ½ cup Raisins 1 pack	Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	Belvita & Yogurt Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cheese Omelet & Muffin Fruit Juice 4 oz. Mixed Fruit ½ cup
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	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Grilled Cheese Sandwich Tomato Bisque Caesar Side Salad 1 cup Carrot Sticks ½ cup Fresh Fruit 1 each
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack	Muffin & Yogurt Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	Sausage Pancake on a Stick 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	Hotdog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Breaded Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Cheesy Broccoli ½ cup Mandarin Oranges 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.