

# Gainesville High 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> Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Fresh Fruit 1 each	<b>28</b> Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>1</b> Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Lettuce & Tomato 1 cup Mixed Fruit ½ cup Fresh Fruit 1 each	<b>2</b> Dutch Waffle Fresh Fruit (Spiced Apples ½ c Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>3</b> Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Tots 12 each Applesauce ½ cup Fresh Fruit 1 each
<b>National School Breakfast Week</b>				
<b>6</b> Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	<b>7 National Cereal Day</b> Yogurt & Granola Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each	<b>8</b> Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Peaches ½ cup Fresh Fruit 1 each	<b>9</b> Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Asian Chicken with Fried Rice Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	<b>10</b> Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Steamed Broccoli ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each
<b>13</b> Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	<b>14 Pi Day</b> Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack Walking Chicken Taco Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>15</b> Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Lettuce & Tomato 1 cup Mixed Fruit ½ cup Fresh Fruit 1 each	<b>16</b> French Toast Sticks Fresh Fruit 1 each Craisins 1 pack Mac and Cheese 1.25 oz. Roll Steamed Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>17</b> Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Hotdog Baked Beans ½ cup Coleslaw ½ cup Sweet Potato Tots 12 each Applesauce ½ cup Fresh Fruit 1 each
<b>20</b> Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Breaded Chicken Drumstick 1.25 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	<b>21</b> Mini Pancakes or Waffles Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos Sour Cream & Salsa Black Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each	<b>22</b> Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Sandwich Baked Beans ½ cup Oven Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Peaches ½ cup Fresh Fruit 1 each	<b>23</b> Muffin & Cheese Omelet Fresh Fruit 1 each Craisins 1 pack Country Steak with Gravy 1.25 oz. Roll Steamed Broccoli ½ cup Whipped Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	<b>24</b> Biscuit and Gravy Fresh Fruit 1 each Peaches ½ cup Grilled Cheese Sandwich Tomato Bisque Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
<b>27</b> Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Hotdog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Tots 12 each Applesauce ½ cup Fresh Fruit 1 each	<b>28</b> Sausage Pancake on a Stick Fruit Juice 4 oz. Raisins 1 pack Crunchy Chicken Tacos Sour Cream & Salsa Refried Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>29</b> Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Cherry Tomatoes ½ cup Lettuce & Tomato 1 cup Mixed Fruit ½ cup Fresh Fruit 1 each	<b>30</b> Dutch Waffle Fresh Fruit (Spiced Apples ½ c Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Carrot Sticks ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>31</b> Steak Biscuit Fruit Juice 4 oz. Mandarin Oranges ½ cup Chicken Nuggets (6) 1.25 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Peaches ½ cup Raisins 1 pack

### • 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
*PB&J Sandwich Box Cheesy French Bread with Marinara	Turkey & Cheese Sandwich Box Cheese Pizza	*PB&J Sandwich Box Mozzarella Breadsticks (2) with Marinara	Turkey & Cheese Sandwich Box Pepperoni Pizza	*PB&J Sandwich Box Pepperoni Hot Pockets with Marinara

Students who select a cold sandwich or pizza entrée may also select all vegetables and fruits offered on the main line.

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.

# 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

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