

Gainesville City Schools Elementary Menu

September 2023

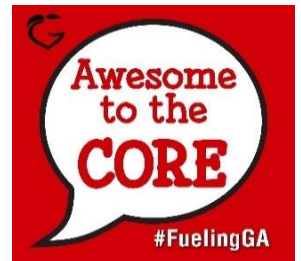
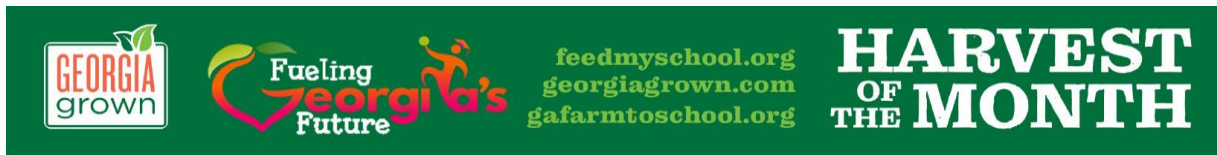
Students eat at no cost
Adult breakfast: \$4.00
Adult lunch: \$5.00
Extra milk is \$0.35

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
28 Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Apple Chips 1 pack	29 Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	30 Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	31 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Beefy Nachos with Tostitos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	1 Cereal Cup Fruit Juice 4 oz. Diced Pears ½ cup Turkey & Cheese Sandwich Manager's Choice Dessert Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
4 Holiday	5 Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Asian Chicken & Fried Rice Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	6 Donut Holes Fruit Juice 4 oz. Applesauce ½ cup Mozzarella Breadstick Bites (4) Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Diced Pears ½ cup	7 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Burrito Sour Cream & Salsa Black Beans ½ cup Romaine Salad 1 cup Raisins 1 pack	8 Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutterm Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
11 Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Fresh Fruit 1 each	12 Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack Beef Soft Tacos Sour Cream & Salsa Blue Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice Slushy 4 oz.	13 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup Cheese Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	14 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nuggets (4) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	15 Cereal Cup Fruit Juice 4 oz. Diced Pears ½ cup Turkey & Cheese Munchable with Yogurt Carrot Sticks ½ cup Sliced Cucumbers ½ cup Fresh Fruit 1 each
18 Cinni Minis 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	19 Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack Turkey Corn Dog Baked Beans ½ cup Curry Fries ½ cup Coleslaw ½ cup Diced Pears ½ cup	20 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Mandarin Oranges ½ cup	21 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	22 Cereal Cup 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
25 Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Apple Chips 1 pack	26 Sausage & Pancake Slider Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	27 World School Milk Day Breakfast Bun Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	28 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Beefy Nachos with Tostitos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	29 Cereal Cup Fruit Juice 4 oz. Diced Pears ½ cup Turkey & Cheese Sandwich Manager's Choice Dessert Carrot Sticks ½ cup Celery 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).



Apples

Apples are a member of the rose family.

Apple trees originated in Central Asia and were brought to North America by European colonists. They are now grown in all 50 states.

Apples come in all shades of red, green and yellow and provide fiber and vitamin C. Enjoy them with their skin on for the best nutrition.

Apples are in season in Georgia from around August through October.

Georgia apples are sold primarily for the fresh market, unlike other states.

According to Georgia's 2019 Farm Gate Value Report, most of Georgia's apples are grown in Fannin and Gilmer counties in north Georgia.

Georgia's annual apple festival is hosted during October.



Georgia Department of Education School Nutrition