

Gainesville High School Menu

September 2023

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.

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 28 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <i>Baked Beans ½ cup</i> <i>Seasoned Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Apple Crisps 1 pack Fresh Fruit 1 each | 29 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Raisins 1 pack Walking Beef Taco + Doritos Sour Cream, Cheese, & <i>Salsa</i> <i>Black Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Pineapple ½ cup Fresh Fruit 1 each | 30 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup <i>Wing Wednesday</i> Chicken Wings (4) + 2 oz. Roll <i>Green Beans ½ cup</i> <i>Sweet Potato Wedges ¾ cup</i> <i>Celery Sticks ½ cup</i> Fruit Juice Slushy 4 oz. Fresh Fruit 1 each | 31 Egg & Sausage Bites + Muffin <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each Asian Chicken & Fried Rice <i>Fortune Cookie</i> <i>Steamed Cabbage ½ cup</i> <i>Carrot Sticks ½ cup</i> Mandarin Oranges ½ cup Fresh Fruit 1 each | 1 Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Buffalo Chicken Pizza <i>Marinara Dunk Cup</i> <i>Steamed Broccoli ½ cup</i> <i>Sliced Cucumbers ½ cup</i> Applesauce ½ cup Fresh Fruit 1 each |
| 4 Holiday | 5 Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack Crispos (2) Sour Cream & <i>Salsa</i> <i>Pinto Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each | 6 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger <i>Baked Beans ½ cup</i> <i>Tater Tots 12 each</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Diced Pears ½ cup Fresh Fruit 1 each | 7 Mini Pancakes or French Toast Fresh Fruit 1 each Craisins 1 pack Mac and Cheese with 1 oz. Roll <i>Parmesan Broccoli ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each | 8 Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog & Onion Rings <i>Baked Beans ½ cup</i> <i>Coleslaw ½ cup</i> <i>Carrot Sticks ½ cup</i> Applesauce ½ cup Fresh Fruit 1 each |
| 11 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <i>Baked Beans ½ cup</i> <i>Seasoned Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Apple Crisps 1 pack Fresh Fruit 1 each | 12 Nature Valley Oatmeal Rounds Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos + Tostitos Sour Cream & <i>Salsa</i> <i>Black Beans ½ cup</i> <i>Potato Skins (3)</i> <i>Lettuce & Tomato 1 cup</i> Pineapple ½ cup Fresh Fruit 1 each | 13 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Drumstick with 2 oz. Roll <i>Green Beans ½ cup</i> <i>Sweet Potatoes ¾ cup</i> <i>Celery Sticks ½ cup</i> Fruit Juice Slushy 4 oz. Fresh Fruit 1 each | 14 Muffin & Cheese Omelet <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each Country Steak with Gravy with 1 oz. Roll <i>Zesty Greens ½ cup</i> <i>Rosemary Potatoes ¾ cup</i> Mandarin Oranges ½ cup Fresh Fruit 1 each | 15 Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Pizza Friday Buffalo Chicken Pizza <i>Marinara Dunk Cup</i> <i>Steamed Squash ½ cup</i> <i>Carrot Sticks ½ cup</i> Applesauce ½ cup Fresh Fruit <i>Dessert</i> |
| 18 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll <i>Green Beans ½ cup</i> <i>Whipped Potatoes ¾ cup</i> <i>Celery Sticks ½ cup</i> Peaches ½ cup Fresh Fruit 1 each | 19 Yogurt & Granola Fruit Juice 4 oz. Raisins 1 pack Taco Tuesday Beef Soft Tacos (3) Sour Cream, Cheese, & <i>Salsa</i> <i>Refried Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Fruit Juice 4 oz. Fresh Fruit | 20 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger <i>Baked Beans ½ cup</i> <i>Curly Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Diced Pears ½ cup Fresh Fruit 1 each | 21 Dutch Waffle Fresh Fruit Spiced Apples ½ c Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast <i>Cheesy Broccoli ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each | 22 Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog <i>Baked Beans ½ cup</i> <i>Garden Salad 1 cup</i> <i>Sweet Potato Fries 1 cup</i> Applesauce ½ cup Fresh Fruit 1 each <i>Dessert</i> |
| 25 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich <i>Baked Beans ½ cup</i> <i>Seasoned Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Apple Crisps 1 pack Fresh Fruit 1 each | 26 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Raisins 1 pack Walking Beef Taco + Doritos Sour Cream, Cheese, & <i>Salsa</i> <i>Black Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Pineapple ½ cup Fresh Fruit 1 each | 27 World School Milk Day Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup <i>Wing Wednesday</i> Chicken Wings (4) + 2 oz. Roll <i>Green Beans ½ cup</i> <i>Sweet Potato Wedges ¾ cup</i> <i>Celery Sticks ½ cup</i> Fruit Juice Slushy 4 oz. Fresh Fruit 1 each | 28 Egg & Sausage Bites + Muffin <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each Asian Chicken & Fried Rice <i>Fortune Cookie</i> <i>Steamed Cabbage ½ cup</i> <i>Carrot Sticks ½ cup</i> Mandarin Oranges ½ cup Fresh Fruit 1 each | 29 Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Pizza Friday Buffalo Chicken Pizza <i>Marinara Dunk Cup</i> <i>Steamed Broccoli ½ cup</i> <i>Sliced Cucumbers ½ cup</i> Applesauce ½ cup Fresh Fruit 1 each |

• Grab & Go Breakfast Items | Daily Assortment •

Poptart & Yogurt

Cereal Bar & Cheese Crackers

Muffin & Yogurt

Breakfast Bun

Mini Cinnis

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 <i>with Marinara</i> | Turkey & Cheese Sandwich Box Cheese Pizza | *PB&J Sandwich Box Mozzarella Breadsticks (2) <i>with Marinara</i> | Turkey & Cheese Sandwich Box Pepperoni Pizza | *PB&J Sandwich Box Pepperoni Hot Pockets <i>with Marinara</i> |

Students who select a cold sandwich or pizza entrée may also select all vegetables and fruits offered on the main line. The Salad Bar is not included.

• Salad Bar | Weekly Lunch Rotation with Assorted Veggies & Fruit •

| Chicken or Vegetarian Salad | Taco Salad | Chicken or Vegetarian Salad | Baked Potato & Salad | Chicken or Vegetarian Salad |
|--|--|--|---|--|
| Grilled Chicken (V) Cheese & Sunflower Seeds w/Flatbread | Taco Meat (V) Pinto Beans w/ Chips, Sour Cream, <i>Salsa</i> | Breaded Chicken (V) Cheese & Sunflower Seeds w/Flatbread | Chili Con Queso Topping (V) Cheese Sauce Topping w/ Chips, Sour Cream, <i>Salsa</i> | Grilled Chicken (V) Cheese & Sunflower Seeds w/Flatbread |

Salad Bar Entrees include an assortment of vegetables and fruit (may pick 2). The Salad Bar does not include the hot entrée or sides 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.

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