

Gainesville Middle School 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.

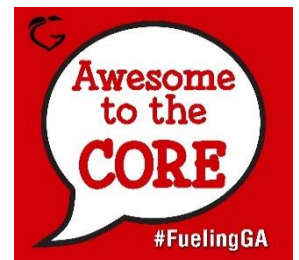
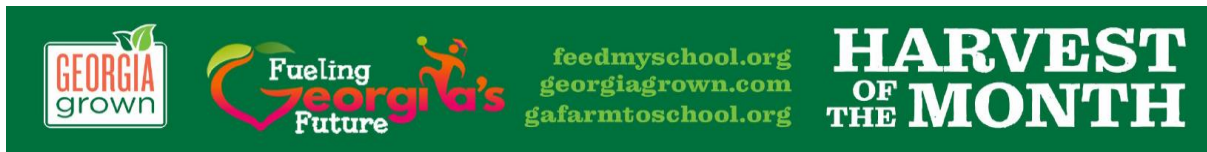
The menu is limited and subject to change due to market conditions, school events, and closures.

Monday	Tuesday	Wednesday	Thursday	Friday
28 Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each	29 Egg & Sausage Bites + Muffin <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each	30 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	31 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	1 Poptart & Yogurt Fruit Juice 4 oz. Diced Pears ½ cup
Cheeseburger <i>Baked Beans ½ cup</i> <i>Sweet Potato Fries 1 cup</i> Garden Salad 1 cup Apple Crisps 1 pack	Chicken Nuggets (5) with Corn Muffin <i>Green Beans ½ cup</i> <i>Whipped Potatoes ½ cup</i> Peaches ½ cup	Pepperoni Hot Pockets <i>Marinara Dunk Cup</i> Corn ½ cup <i>Parmesan Broccoli ½ cup</i> Pineapple ½ cup	Beefy Nachos with Fritos Sour Cream & <i>Salsa</i> <i>Refried Beans ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich <i>Manager's Choice Dessert</i> <i>Carrot Sticks ½ cup</i> <i>Celery Sticks ½ cup</i> Fresh Fruit 1 each
4 Holiday	5 Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	6 Donut Holes Fruit Juice 4 oz. Applesauce ½ cup	7 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	8 Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup
	Beef Hot Dog <i>Baked Beans ½ cup</i> <i>Curly Fries ½ cup</i> <i>Coleslaw ½ cup</i> Fresh Fruit 1 each	Asian Chicken & Fried Rice Fortune Cookie <i>Carrot Sticks ½ cup</i> <i>Steamed Cabbage ½ cup</i> Mandarin Oranges ½ cup	Crisitos (2) Sour Cream & <i>Salsa</i> <i>Pinto Beans ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Raisins 1 pack	Mozzarella Breadstick Bites <i>Marinara Dunk Cup</i> Corn ½ cup <i>Steamed Broccoli ½ cup</i> Fresh Fruit 1 each
11 Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each	12 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	13 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	14 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	15 Cheese Omelet & Muffin <i>Salsa Dunk Cup</i> Fruit Juice 4 oz. Diced Pears
Cheeseburger <i>Baked Beans ½ cup</i> <i>Tater Tots 8 each</i> Garden Salad 1 cup Applesauce ½ cup	Beef Soft Tacos Sour Cream & <i>Salsa</i> <i>Black Beans ½ cup</i> Lettuce & Tomato 1 cup Fruit Juice Slushy 4 oz.	Cheese Pizza Corn ½ cup <i>Cheesy Broccoli ½ cup</i> <i>Carrot Sticks ½ cup</i> Pineapple ½ cup	Chicken Nuggets (5) with 1 oz. Roll <i>Green Beans ½ cup</i> <i>Whipped Potatoes ½ cup</i> Peaches ½ cup	Grilled Cheese Sandwich <i>Marinara Dunk Cup</i> <i>Sliced Cucumbers ½ cup</i> <i>Carrot Sticks ½ cup</i> Fresh Fruit 1 each
18 Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each	19 Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack	20 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup	21 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	22 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich <i>Steamed Squash ½ cup</i> <i>Fries ½ cup</i> <i>Spinach Salad 1 cup</i> Applesauce ½ cup	Turkey Corn Dog <i>Baked Beans ½ cup</i> <i>Curly Fries ½ cup</i> <i>Coleslaw ½ cup</i> Diced Pears ½ cup	Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup <i>Caesar Side Salad 1 cup</i> Mandarin Oranges ½ cup	Chicken Drumstick with Mac & Cheese <i>Sweet Potatoes ½ cup</i> <i>Green Beans ½ cup</i> Peaches ½ cup	PB&J or Soybutter Sandwich with Chips <i>Carrot Sticks ½ cup</i> <i>Veggie Juice 4 oz.</i> Fresh Fruit 1 each
25 Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each	26 Egg & Sausage Bites + Muffin <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each	27 World School Milk Day Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	28 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	29 Poptart & Yogurt Fruit Juice 4 oz. Diced Pears ½ cup
Cheeseburger <i>Baked Beans ½ cup</i> <i>Sweet Potato Fries 1 cup</i> Garden Salad 1 cup Apple Crisps 1 pack	Chicken Nuggets (5) with Corn Muffin <i>Green Beans ½ cup</i> <i>Whipped Potatoes ½ cup</i> Peaches ½ cup	Pepperoni Hot Pockets <i>Marinara Dunk Cup</i> Corn ½ cup <i>Parmesan Broccoli ½ cup</i> Pineapple ½ cup	Beefy Nachos with Fritos Sour Cream & <i>Salsa</i> <i>Refried Beans ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice Slushy 4 oz.	Turkey & Cheese Sandwich <i>Manager's Choice Dessert</i> <i>Carrot Sticks ½ cup</i> <i>Celery Sticks ½ cup</i> Fresh Fruit 1 each

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).

• Daily Assortment of Cereal Offered at Breakfast •

Students who select cereal may also select both fruit or juice options listed on the menu.



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