

# Gainesville City Schools Elementary Menu

## February 2024

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>29</b> Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Mandarin Oranges ½ cup	<b>30</b> Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	<b>31</b> Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Veggie Juice 4 oz. Carrot Sticks ½ cup Fresh Fruit 1 each	<b>1</b> 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	<b>2</b> Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup Turkey Corn Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Diced Pears ½ cup
<b>5</b> Cereal Cup Fruit Juice 4 oz. Diced Pears ½ cup Cheeseburger Baked Beans ½ cup Sweet Potato Fries Garden Salad 1 cup Apple Chips 1 pack	<b>6</b> 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	<b>7</b> 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	<b>8</b> 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.	<b>9</b> <b>National Pizza Day</b> Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each Turkey & Cheese Sandwich Presidents Day Cookies Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
<b>12</b> Muffin & Cheese Stick Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	<b>13</b> <b>National Pancake Day</b> Mini Pancakes 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	<b>14</b> 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	<b>15</b> 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	<b>16</b> Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutter Sandwich Presidents Day Cookies Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>19</b> <b>Presidents Day</b>	<b>20</b> Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	<b>21</b> Sausage Pancake on a Stick Fresh Fruit 1 each Craisins 1 pack Beef Soft Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice Slushy 4 oz.	<b>22</b> 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	<b>23</b> 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
<b>26</b> 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	<b>27</b> Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack Beef Hot Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Diced Pears ½ cup	<b>28</b> 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	<b>29</b> 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	<b>1</b> 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

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).



[feedmyschool.org](http://feedmyschool.org)  
[georgiagrown.com](http://georgiagrown.com)  
[gafarmtoschool.org](http://gafarmtoschool.org)

# HARVEST OF THE MONTH



# Cruciferous Vegetables

# Cruciferous Vegetables

**Cruciferous vegetables are members of the Brassicaceae family.  
CABBAGE, BROCCOLI, CAULIFLOWER**

**Cruciferous vegetables are often known for their distinct odor when cooked by certain methods, but when cooked with less water and lower heat methods, the smells are kept to a minimum and the nutrients are kept to a maximum.**

**Many vegetables evolved from the original wild cabbage, including broccoli, Brussel sprouts, cauliflower, kale, and kohlrabi.**

Cabbage is in season in Georgia from October through July while broccoli and cauliflower are in season in late fall through spring if protected properly in the winter months.

Cabbage is one of Georgia's 2018 Farm Gate Value Report's top 10 vegetables produced in Georgia.

South Georgia's climate allows for an extended broccoli growing season through the winter while north Georgia's climate allows for broccoli to be grown into late spring.

Cauliflower can be a bit more challenging to grow in Georgia than the other members of this group, but its popularity is on the rise as it is used to create "steaks", "rice", and pizza crusts on menus.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.