

Gainesville High School Menu

February 2024

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
29 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Celery Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	30 Yogurt & Granola Fruit Juice 4 oz. Raisins 1 pack Taco Tuesday Chicken Burrito Sour Cream, Cheese, & Salsa Refried Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit	31 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Curly Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Diced Pears ½ cup Fresh Fruit 1 each	1 Dutch Waffle Fresh Fruit Spiced Apples ½ c Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	2 Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each Dessert
5 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Baked Beans ½ cup Seasoned Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Apple Crisps 1 pack Fresh Fruit 1 each	6 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Raisins 1 pack Walking Beef Taco + Doritos Sour Cream, Cheese, & Salsa Black Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each	7 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Wing Wednesday Chicken Wings (4) + 2 oz. Roll Green Beans ½ cup Sweet Potato Wedges ¾ cup Celery Sticks ½ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	8 Muffin & Cheese Omelet Salsa Dunk Cup Fresh Fruit Craisins 1 each Asian Chicken & Fried Rice Fortune Cookie Steamed Cabbage ½ cup Carrot Sticks ½ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	9 Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup National Pizza Day Buffalo Chicken Pizza Marinara Dunk Cup Steamed Broccoli ½ cup Sliced Cucumbers ½ cup Applesauce ½ cup Fresh Fruit 1 each
12 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Celery Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	13 National Pancake Day Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack Crisпитos (2) Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	14 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Tater Tots 12 each Carrot Sticks ½ cup Lettuce & Tomato 1 cup Diced Pears ½ cup Fresh Fruit 1 each	15 Mini Pancakes or French Toast Fresh Fruit 1 each Craisins 1 pack Mac and Cheese with 1 oz. Roll Parmesan Broccoli ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	16 Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog & Onion Rings Baked Beans ½ cup Coleslaw ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit 1 each
19 Presidents Day	20 Nature Valley Oatmeal Rounds Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos + Tostitos Sour Cream & Salsa Black Beans ½ cup Potato Skins (2) Lettuce & Tomato 1 cup Pineapple ½ cup Fresh Fruit 1 each	21 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Chicken Drumstick with 2 oz. Roll Green Beans ½ cup Sweet Potatoes ¾ cup Celery Sticks ½ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	22 Muffin & Cheese Omelet Salsa Dunk Cup Fresh Fruit Craisins 1 each Country Steak Sandwich with White Pepper Gravy Zesty Greens ½ cup Rosemary Potatoes ¾ cup Mandarin Oranges ½ cup Fresh Fruit 1 each	23 Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Pizza Friday Buffalo Chicken Pizza Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit Dessert
26 Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ¾ cup Celery Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	27 Yogurt & Granola Fruit Juice 4 oz. Raisins 1 pack Taco Tuesday Chicken Burrito Sour Cream, Cheese, & Salsa Refried Beans ½ cup Corn ½ cup Lettuce & Tomato 1 cup Fruit Juice 4 oz. Fresh Fruit	28 Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Curly Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Diced Pears ½ cup Fresh Fruit 1 each	29 Dutch Waffle Fresh Fruit Spiced Apples ½ c Craisins 1 pack Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	1 Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each Dessert

• 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 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. The Salad Bar is not included.

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

Sandwich, Soup, & Salad	Baked Potato & Salad	Chili & Salad	Baked Potato & Salad	Deli Sandwich & Salad
(V) Grilled Cheese Served with Tomato Bisque 	Chili Con Queso Topping or (V) Cheese Sauce Topping w/ Chips, Sour Cream, Salsa	Beef Chili (V) Pinto Beans w/ Chips, Sour Cream, Salsa	Chili Con Queso Topping (V) Cheese Sauce Topping w/ Chips, Sour Cream, Salsa	Turkey & Cheese Sandwich (V) Cheese Cubes, Sunflower Seeds, & Flatbread

Salad Bar Entrees include a salad & 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.

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.