

Gainesville Middle School 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
29 Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each	30 Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack	31 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup	1 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	2 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup
Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Mandarin Oranges ½ cup	Chicken Sandwich Steamed Squash ½ cup Fries ½ cup Spinach Salad 1 cup Applesauce ½ cup	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each	Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Turkey Corn Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Diced Pears ½ cup
5 Poptart & Yogurt Fruit Juice 4 oz. Diced Pears ½ cup	6 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	7 Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	8 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	9 National Pizza Day 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 Crisps 1 pack	Chicken Nuggets (5) with Corn Muffin Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Beefy Nachos with Fritos Sour Cream & Salsa Refried Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Turkey & Cheese Sandwich Manager's Choice Dessert Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
12 Muffin & Cheese Stick Fruit Juice 4 oz. Fresh Fruit 1 each	13 National Pancake Day Mini Pancakes Fresh Fruit 1 each Craisins 1 pack	14 Donut Holes Fruit Juice 4 oz. Applesauce ½ cup	15 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	16 Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Beef Hot Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit 1 each	Asian Chicken & Fried Rice Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	Crispitos (2) Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Mozzarella Breadstick Bites Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Fresh Fruit 1 each
19 Presidents Day	20 Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	21 Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	22 Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	23 Cheese Omelet & Muffin Salsa Dunk Cup Fruit Juice 4 oz. Diced Pears
	Beef Soft Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice Slushy 4 oz.	Grilled Cheese Sandwich Tomato Bisque Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup
26 Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each	27 Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack	28 Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup	29 Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	1 Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Steamed Squash ½ cup Fries ½ cup Spinach Salad 1 cup Applesauce ½ cup	Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Spaghetti & Meat Sauce with Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Mandarin Oranges ½ cup	Turkey Corn Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Diced Pears ½ cup	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. 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).





feedmyschool.org
georgiagrown.com
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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.