

Gainesville Middle School Menu

April 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
1	2	3	4	5
		Spring Break		
8	9	10	11	12
Poptart & Yogurt Fruit Juice 4 oz. Diced Pears ½ cup	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	Breakfast Pizza Bagel Fruit Juice 4 oz. Fresh Fruit 1 each	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack
Chicken Nuggets (5) with Corn Muffin Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Beefy Nachos with Fritos Sour Cream & Salsa Refried Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	Cheeseburger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Apple Crisps 1 pack	Turkey & Cheese Sandwich <i>Manager's Choice Dessert</i> Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
15	16	17	18	19
Muffin & Yogurt Fruit Juice 4 oz. Fresh Fruit 1 each	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	Donut Holes Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	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 Strawberries ½ cup
22	23	24	25	26
Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	Dutch Waffle Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	Cheese Omelet & Muffin Salsa Dunk Cup Fruit Juice 4 oz. Diced Pears
Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	Beef Soft Tacos Sour Cream & Salsa Black Beans ½ cup Lettuce & Tomato 1 cup Fruit Juice Slushy 4 oz.	Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Grilled Cheese Sandwich Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
29	30	1	2	3
Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each	Nature Valley Oatmeal Rounds Fresh Fruit 1 each Craisins 1 pack	Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	School Lunch Hero Day 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).



Strawberries



Strawberries

Strawberries are a member of the rose family.

Strawberries grow on low-lying plants that spread by runners, which are stems that grow out and produce a new plant.

They are the only fruit with seeds on the outside.



Strawberries are in season in Georgia from around April through late June.

The 2018 Georgia Farm Gate Value Report lists Georgia's top three strawberry producing counties as: Tift, Meriwether, and Floyd.

In Georgia, much of the strawberry production is from small, family-owned farms. Visit a farm to pick your own strawberries!



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.