

Gainesville High 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
No Salad Bar Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	No Salad Bar Apple Cinnamon Texas Toast Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Muffin & Cheese Omelet <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup
Chicken Sandwich <i>Baked Beans ½ cup</i> <i>Seasoned Fries ¾ cup</i> Veggie Juice 4 oz. Apple Crisps 1 pack Craisins 1 pack	Walking Beef Taco + Doritos Sour Cream, Cheese, & <i>Salsa</i> <i>Black Beans ½ cup</i> <i>Corn ½ cup</i> Pineapple ½ cup Fruit Juice 4 oz.	Wing Wednesday Chicken Wings (4) + 2 oz. Roll <i>Green Beans ½ cup</i> <i>Sweet Potato Wedges ¾ cup</i> <i>Celery & Carrot Sticks ½ cup</i> Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Asian Chicken & Fried Rice <i>Fortune Cookie</i> <i>Steamed Cabbage ½ cup</i> <i>Carrot Sticks ½ cup</i> <i>Garden Salad 1 cup</i> Mandarin Oranges ½ cup Fresh Fruit 1 each	Pizza Friday Buffalo Chicken Pizza <i>Marinara Dunk Cup</i> <i>Steamed Broccoli ½ cup</i> <i>Sliced Cucumbers ½ cup</i> Applesauce ½ cup Fresh Fruit 1 each
15	16	17	18	19
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Sausage & Pancake Slider Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Mini Pancakes or French Toast Fresh Fruit 1 each Craisins 1 pack	Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup
Chicken Nuggets (6) with 1 oz. Roll <i>Green Beans ½ cup</i> <i>Whipped Potatoes ¾ cup</i> <i>Celery Sticks ½ cup</i> Peaches ½ cup Fresh Fruit 1 each	Crispitos (2) Sour Cream & <i>Salsa</i> <i>Pinto Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each	Cheeseburger <i>Baked Beans ½ cup</i> Tater Tots 12 each <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Diced Pears ½ cup Fresh Fruit 1 each	Mac and Cheese with 1 oz. Roll <i>Parmesan Broccoli ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each	Beef Hot Dog & Onion Rings <i>Baked Beans ½ cup</i> <i>Coleslaw ½ cup</i> <i>Carrot Sticks ½ cup</i> Applesauce ½ cup Fresh Strawberries ½ cup
22	23	24	25	26
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Nature Valley Oatmeal Rounds Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Muffin & Cheese Omelet <i>Salsa Dunk Cup</i> Fresh Fruit Craisins 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup
Chicken Sandwich <i>Baked Beans ½ cup</i> <i>Seasoned Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Apple Crisps 1 pack Fresh Fruit 1 each	Beefy Nachos + Tostitos Sour Cream & <i>Salsa</i> <i>Black Beans ½ cup</i> <i>Potato Skins (2)</i> <i>Lettuce & Tomato 1 cup</i> Pineapple ½ cup Fresh Fruit 1 each	Chicken Drumstick with 2 oz. Roll <i>Green Beans ½ cup</i> <i>Sweet Potatoes ¾ cup</i> <i>Celery Sticks ½ cup</i> Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Country Steak Sandwich with White Pepper Gravy <i>Zesty Greens ½ cup</i> <i>Rosemary Potatoes ¾ cup</i> Mandarin Oranges ½ cup Fresh Fruit 1 each	Pizza Friday Buffalo Chicken Pizza <i>Marinara Dunk Cup</i> <i>Steamed Squash ½ cup</i> <i>Carrot Sticks ½ cup</i> Applesauce ½ cup Fresh Fruit Dessert
29	30	1	2	3
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup	Yogurt & Granola Fruit Juice 4 oz. Raisins 1 pack	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup	Dutch Waffle Fresh Fruit Spiced Apples ½ c Craisins 1 pack	Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup
Chicken Nuggets (6) with 1 oz. Roll <i>Green Beans ½ cup</i> <i>Whipped Potatoes ¾ cup</i> <i>Celery Sticks ½ cup</i> Peaches ½ cup Fresh Fruit 1 each	Chicken Burrito Sour Cream, Cheese, & <i>Salsa</i> <i>Refried Beans ½ cup</i> <i>Corn ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each	Cheeseburger <i>Baked Beans ½ cup</i> <i>Curly Fries ¾ cup</i> <i>Carrot Sticks ½ cup</i> <i>Lettuce & Tomato 1 cup</i> Diced Pears ½ cup Fresh Fruit 1 each	Spaghetti & Meat Sauce with Garlic Toast <i>Cheesy Broccoli ½ cup</i> <i>Cherry Tomatoes ½ cup</i> Fruit Juice 4 oz. Fresh Fruit 1 each	Beef Hot Dog <i>Baked Beans ½ cup</i> <i>Garden Salad 1 cup</i> <i>Sweet Potato Fries 1 cup</i> 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
<i>*PB&J Sandwich Box</i> <i>Cheesy French Bread with Marinara</i>	<i>Turkey & Cheese Sandwich Box</i> <i>Cheese Pizza</i>	<i>*PB&J Sandwich Box</i> <i>Mozzarella Breadsticks (2) with Marinara</i>	<i>Turkey & Cheese Sandwich Box</i> <i>Pepperoni Pizza</i>	<i>*PB&J Sandwich Box</i> <i>Pepperoni Hot Pockets with Marinara</i>

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.

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

Chicken or Vegetarian Salad	Taco Salad	Chicken or Vegetarian Salad	Baked Potato & Salad	Chicken or Vegetarian Salad
Grilled Chicken (V) Cheese & Sunflower Seeds w/Flatbread	Beef Taco Meat (V) Pinto Beans w/ Chips, Sour Cream, <i>Salsa</i>	Breaded Chicken (V) Cheese & Sunflower Seeds w/Flatbread	Chili Con Queso Topping (V) Cheese Sauce Topping w/ Chips, Sour Cream, <i>Salsa</i>	Grilled Chicken (V) Cheese & Sunflower Seeds w/Flatbread

Salad Bar Entrees include 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).



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.