

Gainesville City Schools Elementary Menu

September 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.

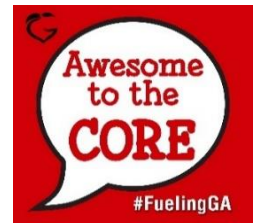
The menu is limited and subject to change due to market conditions, school events, and closures.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3 Breakfast Pizza Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	4 Sausage & Pancake Slider Cereal Cup Fresh Fruit 1 each Craisins 1 pack	5 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack	6 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup
	Cheeseburger Baked Beans ½ cup Sweet Potato Fries Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Turkey & Cheese Sandwich <i>Manager's Choice Dessert</i> Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
9 Muffin & Yogurt Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	10 Mini Pancakes or Waffles Cereal Cup Fresh Fruit 1 each Craisins 1 pack	11 Donut Holes Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	12 Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	13 Cereal Bar & Crackers Cereal Cup 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	Asian Chicken & Fried Rice <i>Fortune Cookie</i> Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	Mozzarella Breadstick Bites (4) Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Diced Pears ½ cup	Chicken Burrito Sour Cream & Salsa Black Beans ½ cup Garden Salad 1 cup Raisins 1 pack	PB&J or Soybutterm Sandwich with Yogurt Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
16 Mini Bagels Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	17 Sausage Pancake on a Stick Cereal Cup Fresh Fruit 1 each Craisins 1 pack	18 Dutch Waffle Cereal Cup Fruit Juice 4 oz. Spiced Apples ½ cup	19 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack	20 States & Capitals Day Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup
Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Fresh Fruit 1 each	Beef Soft Tacos Sour Cream & Salsa Black Beans ½ cup Shredded Lettuce 1 cup Fruit Juice Slushy 4 oz.	Pepperoni Hot Pockets Corn ½ cup Caesar Side Salad 1 cup Carrot Sticks ½ cup Mixed Fruit ½ cup	Chicken Nuggets (4) with 1 oz. Roll Parmesan Broccoli ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Grilled Cheese Sandwich Marinara Dunk Cup Cucumbers & Carrots ½ cup Fresh Fruit 1 each States & Capitals Cookies
23 Cinni Minis Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	24 Nature Valley Oatmeal Rounds Cereal Cup Fresh Fruit 1 each Craisins 1 pack	25 World School Milk Day Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	26 Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	27 Cereal Bar & Crackers Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Romaine Salad 1 cup Applesauce ½ cup	Beef Hot Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fruit Juice Gels ½ cup	Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	BBQ Chicken Drumstick with Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	PB&J or Soybutterm Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
30 Breakfast Pizza Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	1 Sausage & Pancake Slider Cereal Cup Fresh Fruit 1 each Craisins 1 pack	2 Breakfast Bun Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	3 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack	4 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup
Cheeseburger Baked Beans ½ cup Sweet Potato Fries Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Mashed 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 Tostitos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	Turkey Corn Dog <i>Manager's Choice Dessert</i> Carrot Sticks ½ cup Celery 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).



Apples



Apples

Apples are a member of the rose family.

Apple trees originated in Central Asia and were brought to North America by European colonists. They are now grown in all 50 states.

Apples come in all shades of red, green and yellow and provide fiber and vitamin C. Enjoy them with their skin on for the best nutrition.



Apples are in season in Georgia from around August through October.

Georgia apples are sold primarily for the fresh market, unlike other states.

Ellijay, in Gilmer County, is known as the apple capital of the state because they produce the bulk of Georgia's apples. Hall and Taylor counties were second and third according to Georgia's 2018 Farm Gate Value Report.

Georgia's annual apple festival is hosted during October.



Georgia Department of Education School Nutrition

Apples

Name: _____

Apple Tree Math Activity

Directions: Roll the die and see which number comes up. Draw that many apples on the tree. Write the number of apples under the tree. Roll again until all the trees contain apples.

