

Gainesville City Schools Elementary Menu



October 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
30 Breakfast Pizza Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries Garden Salad 1 cup Applesauce ½ cup	1 Sausage & Pancake Slider Cereal Cup Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	2 Breakfast Bun Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	3 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack Beefy Nachos with Tostitos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	4 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup Turkey & Cheese Sandwich Manager's Choice Dessert Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
7 Muffin & Yogurt Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	8 Mini Pancakes or Waffles Cereal Cup Fresh Fruit 1 each Craisins 1 pack Asian Chicken & Fried Rice Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Mandarin Oranges ½ cup	9 Donut Holes Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Mozzarella Breadstick Bites (4) Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Diced Pears ½ cup	10 Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Burrito Sour Cream & Salsa Black Beans ½ cup Garden Salad 1 cup Raisins 1 pack	11 Cereal Bar & Crackers Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutter Sandwich with Yogurt Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<p style="text-align: center;">National School Lunch Week SCHOOL LUNCH PIRATES AHoy FIND YOUR TREASURE! OCTOBER 14-18, 2024</p>				
21 Cinni Minis Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Steamed Squash ½ cup Potato Smiles 6 each Romaine Salad 1 cup Applesauce ½ cup	22 Nature Valley Oatmeal Rounds Cereal Cup Fresh Fruit 1 each Craisins 1 pack BBQ Pork Sandwich Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fruit Juice Gels ½ cup	23 Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Cheese Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	24 Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	25 Cereal Bar & Crackers Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
28 Breakfast Pizza Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Sweet Potato Fries Garden Salad 1 cup Applesauce ½ cup	29 Sausage & Pancake Slider Cereal Cup Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (4) with Corn Muffin Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	30 Breakfast Bun Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Hot Pockets Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	31 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack Turkey Corn Dog Manager's Choice Dessert Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each	1 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup Beefy Nachos with Tostitos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.

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).



SQUASH

Squash

Squashes are members of the Cucurbitaceae (gourd) family.

Summer squashes grow quickly and have thin skin; to retain the most nutrients, leave their skin on while eating. Zucchini, yellow, and scallop squashes are three primary summer squashes.

Winter squashes have hard, thick skin that allows them to be stored in a dry, cool location for several months.

Edible pumpkins are one of many types of winter squash. Others include acorn, butternut, and spaghetti squashes.



Summer squashes are in season in Georgia from around May through October while winter squashes are in season in Georgia from around September through March.

Yellow squash and zucchini are two of Georgia's 2018 Farm Gate Value Report's top 10 vegetables produced in Georgia.

Georgia primarily produces commercial squash in south Georgia.

Georgia pumpkins should be planted in late spring/early summer for a fall harvest.



Georgia Department of Education School Nutrition