

Gainesville City Schools Elementary Menu

November 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
4 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	5 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	6 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	7 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	8 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
11 Mini Bagels Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Fresh Fruit 1 each	12 Sausage Pancake on a Stick Cereal Cup Fresh Fruit 1 each Craisins 1 pack Crunchy Beef Tacos Sour Cream & Salsa Black Beans ½ cup Shredded Lettuce 1 cup Fruit Juice Slushy 4 oz.	13 Dutch Waffle Cereal Cup Fruit Juice 4 oz. Spiced Apples ½ cup Spaghetti & Garlic Toast Corn ½ cup Caesar Side Salad 1 cup Carrot Sticks ½ cup Mixed Fruit ½ cup	14 Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack Chicken Nuggets (4) with 1 oz. Roll Parmesan Broccoli ½ cup Mashed Potatoes ½ cup Peaches ½ cup	15 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup Grilled Cheese Sandwich Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
18 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	19 Nature Valley Oatmeal Rounds Cereal Cup Fresh Fruit 1 each Craisins 1 pack Beef Hot Dog Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fruit Juice Gels ½ cup	20 Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	21 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 Dessert	22 Cereal Bar & Crackers Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup PB&J or Soybutter Sandwich with Chips Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack
25	26	27	28	29
Thanksgiving Break				

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).



Sweet Potato

Sweet Potatoes are in the morning glory family.

Sweet potatoes should be cured in temperatures around 85 degrees for approximately 7-10 days after harvesting in order to strengthen their skin and enhance their flavor.

Sweet potatoes are a root vegetable packed with Vitamin A and potassium.



Sweet potatoes grow underground and love hot, moist temperatures like our Georgia climate.

Sweet potatoes are in season in Georgia from August through November.

Ocilla, GA is home to the annual Georgia Sweet Potato Festival that has been celebrated since the 1960s.

The festival is hosted by the Ocilla-Irwin Chamber and includes a parade and cooking contests.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.