

Gainesville City Schools Elementary Menu

January 2025

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
6 Holiday	7 Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup Cheese Pizza Corn ½ cup Cheesy Broccoli ½ cup Pineapple ½ cup	8 Cinnamon Bun 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	9 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	10 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
13 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	14 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	15 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	16 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.	17 Poptart & Yogurt Cereal Cup Tater Tots 8 each Diced Pears ½ cup Chicken Corn Dog with Chips Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
20 Holiday	21 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	22 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	23 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	24 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
27 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	28 Sausage Pancake on a Stick Cereal Cup Fresh Fruit 1 each Craisins 1 pack Beef Soft Tacos Sour Cream & Salsa Black Beans ½ cup Shredded Lettuce 1 cup Fruit Juice Slushy 4 oz.	29 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	30 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	31 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

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).



GREENS



Greens

Collards, Mustards and Turnips are all part of the Brassicaceae family.

Winter greens collectively are great providers of Vitamins K, A, and C and are considered nutrition powerhouses.

While they share many similarities, the difference in flavor is truly known by a “greens” connoisseur. Collards are sweet, mustards are peppery, and turnips are a nice mix of the two that also include an edible root (the turnip).



Winter greens are available year round but taste much sweeter during their peak time of December-March.

Most Georgians cook collards, mustards, and turnips and even save their broths for different uses but there is a growing trend to incorporate these greens into non-traditional recipes including pesto.

Remember that it's a great southern tradition to eat your greens as the start of the New Year.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.