

# Gainesville City Schools Elementary Menu

## March 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
<b>National School Breakfast Week</b>				
<b>3</b> Cinni Minis Cereal Cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	<b>4</b> Cinnamon Bun Cereal Cup Fresh Fruit 1 each Craisins 1 pack	<b>5</b> Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	<b>6</b> Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>7</b> 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	Cheese Pizza Corn ½ cup Cheesy Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Fruit Juice Slushy 4 oz.	PB&J or Soybutter Sandwich with Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>10</b> Breakfast Pizza Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>11</b> Sausage & Pancake Slider Cereal Cup Fresh Fruit 1 each Craisins 1 pack	<b>12</b> Breakfast Bun Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	<b>13</b> Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack	<b>14</b> <b>Pi Day</b> 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.	Chicken Corn Dog with Dessert Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each
<b>17</b> Holiday	<b>18</b> Mini Pancakes or Waffles Cereal Cup Fresh Fruit 1 each Craisins 1 pack	<b>19</b> Donut Holes Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	<b>20</b> Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>21</b> Cereal Bar & Crackers Cereal Cup Fruit Juice 4 oz. Mixed Fruit ½ cup
	Chicken Egg Rolls (2) Fortune Cookie 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 Soybutter Sandwich with Yogurt Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
<b>24</b> Mini Bagels Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>25</b> Sausage Pancake on a Stick Cereal Cup Fresh Fruit 1 each Craisins 1 pack	<b>26</b> Dutch Waffle Cereal Cup Fruit Juice 4 oz. Spiced Apples ½ cup	<b>27</b> Steak Biscuit Cereal Cup Fresh Fruit 1 each Raisins 1 pack	<b>28</b> 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 Blue Beans ½ cup Shredded Lettuce 1 cup Fruit Juice Slushy 4 oz.	Pepperoni Hot Pockets Marinara Cup   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 with 1 oz. Roll Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
<b>31</b> Cinni Minis Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>1</b> Cinnamon Bun Cereal Cup Fresh Fruit 1 each Craisins 1 pack	<b>2</b> Apple Cinnamon Texas Toast Cereal Cup Fruit Juice 4 oz. Applesauce ½ cup	<b>3</b> Chicken Biscuit Cereal Cup Fruit Juice 4 oz. Fresh Fruit 1 each	<b>4</b> 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	Chicken Drumstick with Mac & Cheese Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	PB&J or Soybutter Sandwich with Chips Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack

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).



# ROOT VEGGIES



# The Breakfast Crossword Caper

Search through the puzzle to find and circle each word hidden within the grid. Once you've found all the words, you've cracked the case!

H P U D E T E C T I V E H Y X  
U C N A A T C E V I D E N C E  
U U U Y F E J K S L E U T H C  
A Q Q U L Q S M Y S T E R Y W  
N P U Z Z L E A H H U S N J A  
I D W X L H M E G G S E Z J T  
J C J A P W S U S P E C T S S  
J C O M S S P Y N C M R T B O  
O C A K P A N C A K E E C M N  
Q O T A N C I P Z K E T L U S  
E T M E H M C E R E A L U F L  
L O E V W A F F L E U I E F P  
E A A M O H O L M E S H S I E  
C S L F J I D B B C A S E N T  
A T I S M O O T H I E N Q Z G

## Word Bank

- Cereal
- Pancake
- Muffin
- Oatmeal
- Waffle
- Eggs
- Toast
- Smoothie
- Clue
- Mystery
- Evidence
- Case
- Spy
- Watson
- Holmes
- Secret
- Sleuth
- Puzzle
- Detective
- Suspect

# Root Veggies

**Root veggies are not all from the same plant family, but all are edible taproots that grow underground.**

**Edible roots come in many sizes, shapes, and colors. They all provide fiber and are a great way to add color to your plate.**

**In addition to steaming, baking or roasting, these root veggies can also be thinly sliced and enjoyed in their raw forms.**



Radishes and beets are harvested in the spring; carrots are harvested in Georgia from December through June.

Carrots are one of the 2018 Georgia Farm Gate Value Report's top 10 vegetables produced in Georgia.

Beets and radishes are not known for their commercial production in GA but they are a popular choice for school gardens.

Many claim that these root vegetables are sweeter when Georgia grown because of our climate.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.