

# Gainesville Middle School Menu

## September 2025

Students eat at no cost  
Adult breakfast: \$4.00  
Adult lunch: \$6.00  
Extra milk is \$0.50

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>1 Labor Day</b> 	<b>2</b> Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	<b>3</b> Dutch Waffle Fruit Juice 4 oz. Spiced Apples ½ cup	<b>4</b> Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	<b>5</b> Poptart & Yogurt Tater Tots 8 each Diced Pears ½ cup
	Chicken Nuggets (5) with Corn Muffin PBJ Sandwich & Cheese Stick Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Beefy Nachos with Doritos PBJ Sandwich & Doritos Sour Cream & Salsa Refried Bean Dip ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	Pepperoni Hot Pockets Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Cheesy Bread with Marinara Breaded Chicken Salad   Crackers Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each Manager's Choice Dessert
<b>8</b> Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each	<b>9</b> Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack	<b>10</b> Donut Holes Fruit Juice 4 oz. Applesauce ½ cup	<b>11</b> Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	<b>12</b> Breakfast Bun Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Grilled Cheese Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Mozzarella Breadstick Bites (4) PBJ Sandwich & Cheese Stick Marinara Dunk Cup Corn ½ cup Cheesy Broccoli ½ cup Diced Pears ½ cup	Asian Chicken & Fried Rice Munchable Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Fruit Juice Slushy 4 oz.	Quesadilla Pizza PBJ Sandwich & Crackers Fiesta Corn ½ cup Pinto Beans ½ cup Tomatoes ½ cup & Salsa Cup Raisins 1 pack	Corndog Taco Soup & Fritos Baked Beans ½ cup Curly Fries ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each & Yogurt
<b>15</b> Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each	<b>16</b> French Toast Sticks (3) Fresh Fruit 1 each Craisins 1 pack	<b>17</b> Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	<b>18</b> Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	<b>19</b> Poptart & Yogurt Tater Tots 8 each Diced Pears ½ cup
Cheeseburger Veggie Burger Baked Beans ½ cup Tater Tots 8 each Garden Salad 1 cup Applesauce ½ cup	<b>Pork Carnitas</b> PBJ Sandwich & Cheese Stick Sour Cream & Salsa Frijoles Charros ½ cup Lettuce 1 cup & Pico ½ cup Fruit Juice Slushy 4 oz.	Spaghetti & Garlic Toast Grilled Cheese Corn ½ cup Caesar Side Salad 1 cup Carrot Sticks ½ cup Mandarin Oranges ½ cup	Chicken Nuggets (5) with Whole Grain Chips PBJ Sandwich & Chips Zesty Greens ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Pepperoni Hot Pockets Turkey & Cheese Sandwich Marinara Dunk Cup Sliced Cucumbers ½ cup Carrot Sticks ½ cup Fresh Fruit 1 each
<b>22 States &amp; Capitals Day</b> Muffin & Yogurt Fruit Juice 4 oz. Fresh Fruit 1 each	<b>23</b> Cinnamon Bun Fresh Fruit 1 each Craisins 1 pack	<b>24 Virtual</b>	<b>25</b> Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each	<b>26</b> Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup
Chicken Sandwich Grilled Cheese Steamed Squash ½ cup Fries ½ cup Romaine Salad 1 cup Applesauce ½ cup	Chicken Drumstick with Mac & Cheese PBJ Sandwich & Crackers Sweet Potatoes ½ cup Cajun Green Beans ½ cup Peaches ½ cup		Beef Hot Dog Munchable Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit   Fruit Juice Gel	Mozzarella Breadstick Bites (4) Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Radish & Cucumber ½ cup Fresh Fruit 1 each & Yogurt
<b>29</b> Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each	<b>30</b> Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack	<b>1</b> Dutch Waffle Fruit Juice 4 oz. Spiced Apples ½ cup	<b>2</b> Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	<b>3</b> Poptart & Yogurt Tater Tots 8 each Diced Pears ½ cup
Cheeseburger Veggie Burger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	Chicken Nuggets (5) with Corn Muffin PBJ Sandwich & Cheese Stick Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Beefy Nachos with Doritos PBJ Sandwich & Doritos Sour Cream & Salsa Refried Bean Dip ½ cup Cherry Tomatoes ½ cup Fruit Juice Slushy 4 oz.	Pepperoni Hot Pockets Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Cheesy Bread with Marinara Breaded Chicken Salad   Crackers Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Fruit 1 each Manager's Choice Dessert

### • Daily Assortment of Cereal Offered at Breakfast •

Students who select cereal may also select both fruit or juice options listed on the menu.



The following major food allergens may be used as ingredients in this facility: Milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify a staff member if you require additional information about specific ingredients.

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).

This institution is an equal opportunity provider.

# 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