

Gainesville Middle School Menu

May 2026

Assorted fat-free and low-fat milk is offered at breakfast & lunch. Cereal is offered daily at breakfast.
The menu is limited and subject to change due to market conditions, school events, and closures.

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

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each	French Toast Sticks (3) Fresh Fruit 1 each Craisins 1 pack	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack	School Lunch Hero Day 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	Beef Soft Tacos PBJ Sandwich & Cheese Stick Sour Cream & Salsa Black Beans ½ cup Shredded Lettuce 1 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
4	5	6	7	8
Muffin & Yogurt Fruit Juice 4 oz. Fresh Fruit 1 each Brunch for Lunch! Chicken Cheese Croissan'wich or Grilled Cheese Tater Squares 8 each Romaine Salad 1 cup Strawberries ½ cup	Cinnamon Bun Fresh Fruit 1 each Craisins 1 pack Chicken Drumstick with Mac & Cheese PBJ Sandwich & Crackers Sweet Potatoes ½ cup Cajun Green Beans ½ cup Peaches ½ cup	Apple Cinnamon Texas Toast Fruit Juice 4 oz. Applesauce ½ cup Pepperoni or Cheese Pizza Beef Chili & Fritos Corn ½ cup Steamed Broccoli ½ cup Carrot Sticks ½ cup Pineapple ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beef Hot Dog Munchable Baked Beans ½ cup Curly Fries ½ cup Coleslaw ½ cup Fresh Fruit Fruit Juice Gel	Sausage Pancake on a Stick Fruit Juice 4 oz. Mixed Fruit ½ cup Mozzarella Breadsticks Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Radish & Cucumber ½ cup Fresh Fruit 1 each & Yogurt
11	12	13	14	15
Mini Bagels Fruit Juice 4 oz. Fresh Fruit 1 each Cheeseburger Veggie Burger Baked Beans ½ cup Sweet Potato Fries 1 cup Garden Salad 1 cup Applesauce ½ cup	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with Corn Muffin PBJ Sandwich & Cheese Stick Green Beans ½ cup Mashed Potatoes ½ cup Peaches ½ cup	Dutch Waffle Fruit Juice 4 oz. Spiced Apples ½ cup Pork Carnitas PBJ Sandwich & Cheese Stick Sour Cream & Salsa Frijoles Charros ½ cup Lettuce 1 cup & Pico ½ cup Fruit Juice Slushy 4 oz.	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Pepperoni Hot Pockets Turkey & Cheese Sandwich Marinara Dunk Cup Corn ½ cup Parmesan Broccoli ½ cup Pineapple ½ cup	Poptart & Yogurt Tater Tots 8 each Diced Pears ½ cup Cheesy Bread with Marinara Breaded Chicken Salad Crackers Carrot Sticks ½ cup Celery Sticks ½ cup Fresh Blueberries ½ cup Manager's Choice Dessert
18	19	20	21	22
Cinni Minis Fruit Juice 4 oz. Fresh Fruit 1 each Chicken Sandwich Grilled Cheese or LTO Green Beans ½ cup Potato Smiles 6 each Spinach Salad 1 cup Applesauce ½ cup	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Asian Chicken & Fried Rice Munchable Fortune Cookie Carrot Sticks ½ cup Steamed Cabbage ½ cup Fruit Juice Slushy 4 oz.	Donut Holes Fruit Juice 4 oz. Applesauce ½ cup Quesadilla Pizza PBJ Sandwich & Crackers Fiesta Corn ½ cup Pinto Beans ½ cup Tomatoes ½ cup & Salsa Cup Raisins 1 pack	Early Release Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each One entrée choice: Turkey & Cheese Sandwich Cookie Salsa Dunk Cup Veggie Juice 4 oz. Raisins 1 pack	Enjoy your Summer!



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).

Blueberries

Blueberries are a member of the heath family.

Blueberries contain anthocyanins, a phytochemical (plant compound) in the flavonoid group. Anthocyanins give blueberries their blue color.

Blueberries were originally called “star berries” because the blossom end is star-shaped with five points. They provide vitamin C, fiber, and iron.



The two main varieties of blueberries grown in Georgia are Southern Highbush and Rabbiteye.

Georgia’s sandy and acidic soil is perfect for growing blueberries. Most GA blueberries are grown in the southern part of our state.

Blueberries are in season in Georgia from around April through July.

Georgia’s blueberry capital is the city of Alma, in Bacon County.



Georgia Department of Education School Nutrition