

Gainesville High School Menu

May 2026

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
27	28	29	30	1 School Lunch Hero Day
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Pinto Beans ½ cup Tater Squares 8 each Carrot Sticks ½ cup Lettuce & Tomato 1 cup Fruit Juice Gels 1 each Fresh Fruit 1 each	Mini Pancakes or French Toast Fruit Juice 4 oz. Raisins 1 pack Beefy Nachos + Tostitos Sour Cream & Salsa Black Beans ½ cup Potato Skins (2) Shredded Lettuce 1 cup Pineapple ½ cup Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Wing Wednesday Chicken Wings (4) + 2 oz. Roll Green Beans ½ cup Sweet Potato Wedges ¾ cup Celery Sticks ½ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Muffin & Cheese Omelet Salsa Dunk Cup Fresh Fruit Mandarins ½ cup Chicken Alfredo Pasta with Garlic Toast Parmesan Broccoli ½ cup Cherry Tomatoes ½ cup Caesar Side Salad 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Pizza Friday Pepperoni Hot Pockets Marinara Dunk Cup Steamed Squash ½ cup Carrot Sticks ½ cup Applesauce ½ cup Fresh Fruit Dessert
4	5	6	7	8
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll Green Beans ½ cup Mashed Potatoes ¾ cup Celery Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Yogurt & Granola Tater Tots 12 each Fruit Juice 4 oz Raisins 1 pack Chicken Burrito Sour Cream, Cheese, & Salsa Refried Beans ½ cup Corn ½ cup Romaine Salad 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Seasoned Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Diced Pears ½ cup Fresh Fruit 1 each	Dutch Waffle Fresh Fruit Spiced Apples ½ c Mandarin Oranges ½ cup Spaghetti & Meat Sauce with Garlic Toast Cheesy Broccoli ½ cup Rosemary Potatoes ¾ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz. Fresh Fruit 1 each	Egg & Cheese Biscuit Fresh Fruit 1 each Peaches ½ cup Beef Hot Dog Baked Beans ½ cup Garden Salad 1 cup Sweet Potato Fries 1 cup Applesauce ½ cup Fresh Fruit 1 each Dessert
11	12	13	14	15
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Pinto Beans ½ cup Tater Squares 8 each Carrot Sticks ½ cup Lettuce & Tomato 1 cup Fruit Juice Gels 1 each Fresh Fruit 1 each	Mini Pancakes or French Toast Fruit Juice 4 oz. Raisins 1 pack Walking Beef Taco + Doritos Sour Cream, Cheese, & Salsa Black Beans ½ cup Corn ½ cup Shredded Lettuce 1 cup Pineapple ½ cup Fresh Fruit 1 each	No Salad Bar Wing Wednesday Chicken Wings (4) + 2 oz. Roll Green Beans ½ cup Sweet Potato Wedges ¾ cup Celery Sticks ½ cup Fruit Juice Slushy 4 oz. Fresh Fruit 1 each	Muffin & Cheese Omelet Salsa Dunk Cup Fresh Fruit Mandarins ½ cup Asian Chicken & Fried Rice Fortune Cookie Steamed Cabbage ½ cup Carrot Sticks ½ cup Garden Salad 1 cup Mandarin Oranges ½ cup Fresh Fruit 1 each	Biscuit & Sausage Links Fresh Fruit 1 each Diced Pears ½ cup Pizza Friday Pepperoni Hot Pockets Marinara Dunk Cup Steamed Broccoli ½ cup Cucumbers & Radishes ½ cup Applesauce ½ cup Fresh Blueberries ½ cup
18	19	20	21	22
Steak Biscuit Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Nuggets (6) with 1 oz. Roll Cajun Green Beans ½ cup Mashed Potatoes ¾ cup Celery Sticks ½ cup Peaches ½ cup Fresh Fruit 1 each	Sausage & Pancake Slider Tater Tots 12 each Fruit Juice 4 oz Raisins 1 pack Crispitos (2) Sour Cream & Salsa Pinto Beans ½ cup Corn ½ cup Romaine Salad 1 cup Fruit Juice 4 oz. Fresh Fruit 1 each	Chicken Biscuit Fruit Juice 4 oz. Applesauce ½ cup Cheeseburger Baked Beans ½ cup Seasoned Fries ¾ cup Carrot Sticks ½ cup Lettuce & Tomato 1 cup Diced Pears ½ cup Fresh Fruit 1 each	Mini Pancakes or French Toast Fresh Fruit 1 each Mandarin Oranges ½ cup One Entrée Choice Turkey & Cheese Sandwich Misc. Chips if Available Veggie Juice 4 oz. Salsa Dunk Cup Pineapple ½ cup Craisins 1 pack	Enjoy your Summer!

• Grab & Go Breakfast Items | Daily Assortment •

Poptart & Yogurt Mini Cinnis Cereal Bar & Cheese Crackers Muffin & Yogurt Mini Bagels Breakfast Bun Honey Uncrustable Assorted 2 oz. Cereal Cups

Students who select a grab & go breakfast entrée may also select both fruit or juice options listed on the menu.

• Cold Sandwiches and Pizza | Weekly Lunch Rotation •

Monday	Tuesday	Wednesday	Thursday	Friday
*PB&J Sandwich Box Cheesy French Bread with Marinara	Turkey & Cheese Sandwich Box Cheese or Quesadilla Pizza	*PB&J Sandwich Box Mozzarella Breadsticks (2) with Marinara	Turkey & Cheese Sandwich Box Pepperoni Pizza	*PB&J Sandwich Box Pepperoni Hot Pockets with Marinara

Students who select a cold sandwich or pizza entrée may also select all vegetables and fruits offered on the main line. The Salad Bar is not included.

• Salad Bar | Weekly Lunch Rotation with Assorted Veggies & Fruit •

Sandwich, Soup, & Salad	Baked Potato & Salad	Chicken or Vegetarian Salad	Baked Potato & Salad	Chicken or Vegetarian Salad
(V) Grilled Cheese Served with Tomato Bisque	Chili Con Queso Topping or (V) Cheese Sauce Topping w/ Chips, Sour Cream, Salsa	Breaded Chicken (V) Cheese & Sunflower Seeds w/ Flatbread	Chili Con Queso Topping (V) Cheese Sauce Topping w/ Chips, Sour Cream, Salsa	Grilled Chicken (V) Cheese & Sunflower Seeds w/ Flatbread

Salad Bar Entrees include an assortment of vegetables and fruit (may pick 2). The Salad Bar does not include the hot entrée or sides on the main line.



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.

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