



**Breakfast Pricing:**

**Student - \$1.50**  
**Reduced - \$.30**  
**Adult - \$2.00**  
**Milk - \$.60**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

1

If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or [gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net) or [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

8

15

Breakfast Pizza  
 Or  
 Egg Biscuit  
 Peaches  
 Milk

29

French Toast  
 Sticks with Syrup  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

### Tuesday

2

Milk Variety Offered Daily:  
 1% White  
 FF Chocolate

9

16

Cooked Oatmeal  
 & Toast  
 Or  
 Egg/Cheese Breakfast Slider  
 Peaches  
 Milk

30

Yogurt & Toast  
 Or  
 Waffles with Syrup  
 Apple Slices  
 Milk

### Wednesday

3

**MENU IS SUBJECT  
 TO CHANGE**

10

17

Cinnamon Roll  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

24

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

31

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

### Thursday

4

11

18

Pancakes with  
 Syrup  
 Or  
 Sausage Biscuit  
 Pears  
 Milk

25

Scrambled Eggs,  
 Sausage Patty & Toast  
 Or  
 Waffles with Syrup  
 Sliced Apples  
 Milk

### Friday

5

12

19

Sausage Roll-Up  
 Or  
 Cereal & Toast  
 Apple Slices  
 Milk

26

Bagel & Cream  
 Cheese  
 Or  
 Cereal & Toast  
 Pears  
 Milk

