

# August 2016

## GCSD#9 – GRADES 5 & 6

### LUNCH

**Lunch Pricing**  
Student - \$2.35  
Reduced - \$.40  
Adult - \$3.25  
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)  
[cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

### Tuesday

**2**  
Milk Variety Offered Daily:  
1% White  
FF Chocolate

### Wednesday

**3**  
MENU IS SUBJECT TO CHANGE

### Thursday

### Friday

**8**

**9**

**10**

**11**

**12**

**15**

**16**

**17**  
Pepperoni Pizza  
Romaine Tossed Salad  
With Lite Italian Dressing  
Peas  
Diced Peaches  
Milk

**18**  
Chicken Nuggets  
Mashed Potatoes  
Whole Kernel Corn  
Apple Slices  
Milk

**19**  
Breaded Chicken on  
Whole Grain Bun  
Baked Beans  
Tator Tots  
Pineapple Chunks  
Milk

**22**  
BBQ Rib  
Oven Fries  
Baked Beans  
Mixed Fruit Cup  
Milk

**23**  
Soft Taco  
Shredded Lettuce  
Spanish Rice  
Peas  
Salsa Cup  
Applesauce, Milk

**24**  
Chicken Strips  
Mashed Potatoes  
Green Beans, Dinner Roll  
Peaches  
Milk

**25**  
Fiestada Pizza  
Carrots  
Apple Slices  
Milk

**26**  
Orange Chicken  
Steamed Broccoli  
Corn, Spaghetti Noodles  
Pineapple Chunks  
Milk

**29**  
Cheese Pizza  
Crunchers  
Green Beans  
Pears  
Milk

**30**  
Chicken Nuggets  
Mashed Potatoes  
Corn  
Pineapple Chunks  
Milk

**31**  
Spaghetti with  
Meat Sauce  
Bread Stick  
Romaine Tossed Salad  
Carrots  
Mixed Fruit, Milk

