



**Milk Variety Offered Daily:**  
 1% White  
 FF Chocolate  
 Milk - \$.60  
 Adult - \$2.00



**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.

**MENU IS SUBJECT TO CHANGE**



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**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)**

**NO SCHOOL**



Cinnamon Roll  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

Breakfast Pizza  
 Or  
 Egg Biscuit  
 Peaches  
 Milk

French Toast Sticks  
 With Syrup  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

Pancakes with Syrup  
 Or  
 Cereal & Toast  
 Pears  
 Milk

Pancakes with Syrup  
 Or  
 Sausage Biscuit  
 Pears  
 Milk

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

Yogurt & Toast  
 Or  
 Waffles with Syrup  
 Apple Slices  
 Milk

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

Biscuit & Gravy  
 Or  
 Cereal & Toast  
 Fruit Mix  
 Milk

Long John Donut  
 Or  
 Pancakes with Syrup  
 Applesauce  
 Milk

Breakfast Pizza  
 Or  
 Sausage Biscuit  
 Peaches  
 Milk

Scrambled Egg,  
 Sausage Patty & Toast  
 Or  
 Pop-Tart  
 Fruit Mix  
 Milk

Long John Donut  
 Or  
 Pancakes with Syrup  
 Applesauce  
 Milk

Pop-Tart  
 Or  
 Scrambled Egg, Sausage  
 Patty & Toast  
 Pears  
 Milk

Cereal & Toast  
 Or  
 Sausage Roll-Up  
 Fruit Mix  
 Milk

Sausage Roll-Up  
 Or  
 Cereal & Toast  
 Apple Slices  
 Milk

Bagel & Cream Cheese  
 Or  
 Cereal & Toast  
 Pears  
 Milk

Pop-Tart  
 Or  
 Scrambled Egg, Sausage Patty  
 & Toast  
 Pears  
 Milk

# September 2016

GCSD#9 - GRADES 1 - 4

## LUNCH



**Lunch Pricing**  
Adult - \$3.25  
Milk - \$.60  
Milk Variety Offered Daily:  
1% White  
FF Chocolate



**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.



**MENU IS SUBJECT TO CHANGE**

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



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NO SCHOOL

5

Nacho & Cheese  
Shredded Lettuce,  
Spanish Rice  
Peas, Salsa Cup  
Applesauce  
Milk

6

Meatloaf  
Mashed Potatoes  
Green Beans  
Dinner Roll  
Peaches  
Milk

7

Deli Sandwich on  
WG Pretzel Bun  
Carrots, Celery Sticks  
Ranch Dip  
Apple Slices  
Milk

8

Breaded Chicken Dill  
On WG Bun  
Steamed Broccoli  
Corn  
Pineapple Chunks  
Milk

9

Round Pizza  
Green Beans  
Pears  
Milk

12

Baked Chicken  
Mashed Potatoes  
Corn, Dinner Roll  
Pineapple Chunks  
Milk

13

Lasagna  
Bread Stick  
Romaine Tossed Salad  
With FF Ranch Dressing  
Carrots  
Mixed Fruit, Milk

14

Grilled Chicken on  
WG Bun  
Sweet Potato Crosstrax  
Baked Beans  
Chilled Peaches  
Milk

15

Fish Patty on  
WG Bun  
Mac 'N Cheese  
Steamed California Blend  
Vegetables  
Apple Slices  
Milk

16

Pepperoni Pizza  
Wedge  
W.K. Corn  
Cooked Carrots  
Applesauce  
Milk

19

Cheeseburger  
Broccoli & Cheese  
Cucumber Slices  
Apple Slices  
Milk

20

Chicken Strips  
Mashed Potatoes  
Green Beans  
Wheat Roll  
Peaches  
Milk

21

Bosco Sticks &  
Spaghetti Sauce  
Cooked Carrots  
Romaine Salad  
Pears  
Milk

22

BBQ Rib on Bun  
Calico Beans  
Tator Tots  
Mixed Fruit  
Milk

23

Cheese Pizza  
Romaine Salad  
Carrots  
Pear cup  
Milk

26

Chicken Fajita  
Mashed Potatoes  
Corn  
Apple Slices  
Milk

27

Sloppy Joe on  
WG Bun  
Sweet Potato Mini Puff  
Baked Beans  
Fruit Cocktail  
Milk

28

Turkey Bacon Wrap  
Green Beans  
Applesauce  
Milk

29

Cheeseburger on  
WG Bun  
Tator Tots  
Mixed Vegetables  
Fruit Cup  
Milk

30