

September 2016

GCSD#9 – GRADES 7 & 8

BREAKFAST



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.

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 or 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



Lunch Prices
Student - \$2.60
Reduced - \$.40
Adult - \$3.25
Milk - \$.60

Milk Variety Offered Daily:
 1% White
 FF Chocolate



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NO SCHOOL



Round Pizza
 Green Beans
 Pears
 Milk

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

Cheese Pizza
 Romaine Salad
 Carrots
 Pear Cup
 Milk

Nacho Bites
 Corn
 Cheesy Beans, Salsa Cup
 Pineapple Chunks
 Milk

Baked Chicken
 Mashed Potatoes
 Corn, Garlic Bread
 Pineapple Chunks
 Milk

Cheeseburger
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Chicken Fajita
 Mashed Potatoes
 Corn
 Apple Slices
 Milk

Meatloaf
 Mashed Potatoes
 Green Beans
 Dinner Roll
 Peaches
 Milk

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

Chicken Strips
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

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

Cheeseburger
 Sweet Potato Crosstrax
 Baked Beans
 Chilled Peaches
 Milk

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

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

Bosco Sticks &
 Spaghetti Sauce
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

Nachos & Cheese
 Green Beans
 Pretzel Rod
 Applesauce
 Milk

Fish Sandwich on
 WG Bun
 Augrautin Potatoes
 Steamed California Blend Veggies.
 Apple Slices
 Milk

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

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

BBQ Rib on Bun
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

Cheeseburger on
 WG Bun
 Tator Tots
 Mixed Vegetables
 Fruit Cup
 Milk