

# September 2016

## GCSD#9 - KINDERGARTEN

### BREAKFAST



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

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)

### Thursday

### Friday

NO SCHOOL



Cereal & Toast  
Peaches  
Milk

Breakfast Pizza  
Peaches  
Milk

French Toast Sticks  
With Syrup  
Peaches  
Milk

Pancakes with Syrup  
Or  
Cereal & Toast  
Pears  
Milk

Pancakes with Syrup  
Pears  
Milk

Egg/Cheese Breakfast Slider  
Peaches  
Milk

Yogurt & Toast  
Apple Slices  
Milk

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

Cereal & Toast  
Fruit Mix  
Milk

Cereal & Toast  
Fruit Mix  
Milk

Biscuit & Gravy  
Fruit Mix  
Milk

Long John Donut  
Or  
Pancakes with Syrup  
Applesauce  
Milk

Breakfast Pizza  
Or  
Sausage Biscuit  
Peaches  
Milk

Scrambled Egg,  
Sausage Patty & Toast  
Fruit Mix  
Milk

Waffles with Syrup  
Apple Slices  
Milk

Long John Donut  
Applesauce  
Milk

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

Cereal & Toast  
Or  
Sausage Roll-Up  
Fruit Mix  
Milk

Cereal & Toast  
Apple Slices  
Milk

Cereal & Toast  
Pears  
Milk

Scrambled Egg, Sausage Patty  
& Toast  
Pears  
Milk

# September 2016

## GCSD#9 - KINDERGARTEN

### 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



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)

**NO SCHOOL** 5

6  
Burrito  
Shredded Lettuce,  
Spanish Rice  
Peas, Salsa Cup  
Applesauce  
Milk

7  
Chicken Noodle  
Casserole  
Mashed Potatoes  
Green Beans  
Peaches  
Milk

8  
Cheese Pizza  
Carrots  
Apple Slices  
Milk

9  
Bosco Sticks with  
Sauce  
Steamed Broccoli  
Corn  
Pineapple Chunks  
Milk

12  
Hot Dog  
Green Beans  
Pears  
Milk

13  
Chicken Fajita  
Mashed Potatoes  
Corn  
Pineapple Chunks  
Milk

14  
Ravioli  
Bread Stick  
Romaine Tossed Salad  
With FF Ranch Dressing  
Carrots  
Mixed Fruit, Milk

15  
Grilled Chicken on  
WG Bun  
Sweet Potato Crosstrax  
Baked Beans  
Chilled Peaches  
Milk

16  
Asian Nuggets  
Augrautin Potatoes  
Steamed California Blend  
Vegetables  
Apple Slices  
Milk

19  
Pepperoni Pizza Wedg  
W.K. Corn  
Cooked Carrots  
Applesauce  
Milk

20  
Cheeseburger  
Broccoli & Cheese  
Cucumber Slices  
Apple Slices  
Milk

21  
Chicken Strips  
Mashed Potatoes  
Green Beans  
Wheat Roll  
Peaches  
Milk

22  
Spaghetti & Meat  
Sauce  
Cooked Carrots  
Romaine Salad  
Pears  
Milk

23  
BBQ Rib on Bun  
Baked Beans  
Tator Tots  
Mixed Fruit  
Milk

26  
Cheese Pizza  
Romaine Salad  
Carrots  
Pear cup  
Milk

27  
Meatloaf  
Mashed Potatoes  
Corn  
Dinner Roll  
Apple Slices  
Milk

28  
Hamburger on  
WG Bun  
Sweet Potato Mini Puff  
Baked Beans  
Fruit Cocktail  
Milk

29  
Nachos & Cheese  
Green Beans  
Salsa Cup  
Applesauce  
Milk

30  
Fish Patty on  
WG Bun  
Tator Tots  
Mixed Vegetables  
Fruit Cup  
Milk