

# October 2016

## GCSD#9 – GRADES 1 - 4

### BREAKFAST



**Breakfast Prices**  
Adult - \$2.00  
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

Pancakes with Syrup  
Or  
Cereal & Toast  
Pears  
Milk

3

### Tuesday

Cooked Oatmeal & Toast  
Or  
Mini Donuts  
Peaches  
Milk

4

### Wednesday

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

5

### Thursday

Breakfast Pizza  
Or  
Sausage Biscuit  
Peaches  
Milk

6

### Friday

**NO SCHOOL**

7

**NO SCHOOL**

10

Cinnamon Roll  
Or  
Cereal & Toast  
Peaches  
Milk

11

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

12

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

13

Sausage Roll-Up  
Or  
Cereal & Toast  
Apple Slices  
Milk

14

Breakfast Pizza  
Or  
Egg Biscuit  
Peaches  
Milk

17

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

18

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

19

Scrambled Eggs,  
Sausage Patty & Toast  
Or  
Dutch Waffle w/Powered Sugar  
Apple Slices  
Milk

20

Bagel & Cream Cheese  
Or  
Cereal & Toast  
Pears  
Milk

21

French Toast Sticks  
With Syrup  
Or  
Cereal & Toast  
Peaches  
Milk

24

Yogurt & Toast  
Or  
Waffles With Syrup  
Apple Slices  
Milk

25

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

26

**NO SCHOOL**

27

**NO SCHOOL**

28

Long John Donut  
Or  
Pancakes with Syrup  
Applesauce  
Milk

31



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)





**Lunch Prices**

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

Pepperoni Pizza  
Carrots  
Diced Pears  
Milk

3

### Tuesday

Chicken Parmigiana  
Sandwich  
Mashed Potatoes  
W.K. Corn  
Apple Slices  
Milk

4

### Wednesday

Yon Mazetta  
Romaine Tossed Salad  
With Lite Italian Dressing  
Peas  
Diced Peaches, Milk

5

### Thursday

Mini Tacos  
Shredded Lettuce  
Green Beans  
Mixed Fruit, Milk

6

### Friday

NO SCHOOL

7

No School

10

Cheese Enchiladas (2)  
Shredded Lettuce  
Spanish Rice, Peas  
Salsa Cup  
Applesauce  
Milk

11

Chicken Rings  
Mashed Potatoes  
Green Beans  
Dinner Roll  
Peaches  
Milk

12

Grilled Cheese  
Homemade Chicken  
Noodle Soup  
Carrots  
Apple Slices  
Milk

13

Orange Chicken  
Steamed Broccoli  
Corn  
Spaghetti Noodles  
Pineapple Chunks  
Milk

14

Pizza Crunchers  
Green Beans  
Pears  
Milk

17

Country Fried  
Chicken  
Mashed Potatoes  
Dinner Roll, Corn  
Pineapple Chunks  
Milk

18

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

19

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

20

Chicken Nuggets  
Augrautin Potatoes  
Steamed California Blend  
Vegetables  
Apple Slices  
Milk

21

Fiestada Pizza  
W.K. Corn  
Cooked Carrots  
Applesauce  
Milk

24

Cheeseburger  
Broccoli & Cheese  
Cucumber Slices  
Apple Slices  
Milk

25

Chicken Strips  
Mashed Potatoes  
Green Beans  
Wheat Roll  
Peaches  
Milk

26

NO SCHOOL

27

NO SCHOOL

28

Bosco Sticks  
With Sauce  
Romaine Salad  
Carrots  
Pear Cup  
Milk

31



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