

October 2016

GCSD#9 – GRADES 5 & 6

BREAKFAST



Breakfast Prices
Student - \$1.50
Reduced - \$.30
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 or cheryl.wilson@gcsd9.net





Lunch Prices
Student - \$2.35
Reduced - \$.40
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 **3**
 Carrots
 Diced Pears
 Milk

Tuesday

Chicken Parmigiana **4**
 Mashed Potatoes
 W.K. Corn, Garlic Bread
 Apple Slices
 Milk

Wednesday

Yon Mazetta **5**
 Romaine Tossed Salad
 With Lite Italian Dressing
 Breadstick, Peas
 Diced Peaches
 Milk

Thursday

Mini Tacos **6**
 Shredded Lettuce
 & Tomato
 Green Beans
 Mixed Fruit
 Milk

Friday

NO SCHOOL **7**

NO SCHOOL **10**

Cheese Enchiladas (2) **11**
 Shredded Lettuce
 Spanish Rice
 Green Beans
 Pineapple Chunks
 Milk

Chicken Rings **12**
 Mashed Potatoes
 Green Beans
 Dinner Roll
 Peaches
 Milk

Grilled Cheese **13**
 Homemade Chicken
 Noodle Soup
 Carrots
 Apple Slices
 Milk

Orange Chicken **14**
 Steamed Broccoli
 Corn
 Spaghetti Noodles
 Pineapple Chunks
 Milk

Pizza Crunchers **17**
 Green Beans
 Pears
 Milk

Country Fried **18**
 Chicken
 Mashed Potatoes
 Dinner Roll, Corn
 Pineapple Chunks
 Milk

Spaghetti **19**
 Bread Stick
 Romaine Tossed Salad
 With FF Ranch Dressing
 Carrots
 Mixed Fruit, Milk

Grilled Chicken on **20**
 WG Bun
 Sweet Potato Crosstrax
 Baked Beans
 Chilled Peaches
 Milk

Chicken Nuggets **21**
 Augrautin Potatoes
 Steamed California Blend
 Slice of Bread, Vegetables
 Apple Slices
 Milk

Fiestada Pizza **24**
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

Cheeseburger **25**
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Chicken Srips **26**
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

NO SCHOOL **27**

NO SCHOOL **28**

Bosco Sticks **31**
 With Sauce
 Romaine Salad
 Carrots
 Pear Cup
 Milk



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