

October 2016

GCSD#9 – KINDERGARTEN

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
Pears
Milk

3

Tuesday

Mini Donuts
Peaches
Milk

4

Wednesday

Cereal & Toast
Fruit Mix
Milk

5

Thursday

Sausage Biscuit
Peaches
Milk

6

Friday

NO SCHOOL

7

NO SCHOOL

10

Cereal & Toast
Peaches
Milk

11

Biscuit & Gravy
Fruit Mix
Milk

12

Scrambled Egg,
Sausage Patty & Toast
Fruit Mix
Milk

13

Cereal & Toast
Apple Slices
Milk

14

Breakfast Pizza
Peaches
Milk

17

Cooked Oatmeal
& Toast
Peaches
Milk

18

Cereal & Toast
Fruit Mix
Milk

19

Dutch Waffle w/Powered Sugar
Apple Slices
Milk

20

Bagel & Cream Cheese
Pears
Milk

21

French Toast Sticks
With Syrup
Peaches
Milk

24

Yogurt & Toast
Apple Slices
Milk

25

Biscuit & Gravy
Fruit Mix
Milk

26

NO SCHOOL

27

NO SCHOOL

28

Long John Donut
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

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
Bites
Carrots
Diced Pears
Milk

3

Tuesday

Popcorn Chicken
Mashed Potatoes
W.K. Corn
Apple Slices
Milk

4

Wednesday

Mac'N Cheese
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

Chicken Fajita
Shredded Lettuce
Peas
Salsa Cup
Applesauce
Milk

11

Chicken Rings
Mashed Potatoes
Green Beans
Peaches
Milk

12

Ham & Cheese on
Pretzel Bun
Carrot/Celery Sticks with
Ranch Dressing
Apple Slices
Milk

13

Asian Nuggets
Steamed Broccoli
Corn
Spaghetti Noodles
Pineapple Chunks
Milk

14

Grilled Cheese
Green Beans
Pears
Milk

17

Breaded Chicken on
WG Bun
Mashed Potatoes
Corn
Pineapple Chunks
Milk

18

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

19

Hot Dog
Sweet Potato Crosstrax
Baked Beans
Chilled Peaches
Milk

20

Ham/Cheese Wrap
Augrautin Potatoes
Green Beans
Apple Slices
Milk

21

Pepperoni Pizza
Wedge
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 & Sauce
Romaine Salad
Carrots
Pear Cup
Milk

31



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