

November 2016

GCSD#9 – GRADES 1- 4

BREAKFAST



Breakfast Prices
 Adult - \$2.00
 Milk - \$.60
 Milk Variety Offered Daily:
 1% White



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

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

Tuesday

Wednesday

Thursday

Friday

Cinnamon Roll **7**
 Or
 Cereal & Toast
 Peaches
 Milk

Pancakes with Syrup **8**
 Or
 Sausage Biscuit
 Peaches
 Milk

Biscuit & Gravy **9**
 Or
 Cereal & Toast
 Fruit Mix
 Milk

Scrambled Egg, **10**
 Sausage Patty & Toast
 Or
 Pop-Tart
 Fruit Mix
 Milk

NO SCHOOL **11**

Breakfast Pizza **14**
 Or
 Egg Biscuit
 Peaches
 Milk

Cooked Oatmeal **15**
 & Toast
 Or
 Egg/Cheese Breakfast Slider
 Peaches
 Milk

Biscuit & Gravy **16**
 Or
 Cereal & Toast
 Fruit Mix
 Milk

Scrambled Eggs, **17**
 Sausage Patty & Toast
 Or
 Waffles with Syrup
 Apple Slices
 Milk

Bagel & Cream Cheese **18**
 Or
 Cereal & Toast
 Peaches
 Milk

French Toast sticks **21**
 Or
 Cereal & Toast
 Peaches
 Milk

Yogurt & Toast **22**
 Or
 Waffles with Syrup
 Apple Slices
 Milk

Biscuit & Gravy **23**
 Or
 Cereal & Toast
 Fruit Mix
 Milk

NO SCHOOL **24**

NO SCHOOL **25**

Pancakes with Syrup **28**
 Or
 Cereal & Toast
 Peaches
 Milk

Cooked Oatmeal & **29**
 Toast
 Or
 Mini Donuts
 Peaches
 Milk

Biscuit & Gravy **30**
 Or
 Cereal & Toast
 Fruit Mix
 Milk





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.



Monday

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Or
gloria.harrison@gcsd9.net
cheryl.wilson@gcsd9.net

Tuesday

Wednesday

Thursday

Friday

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1
 Chicken Fajita
 Mashed Potatoes
 Corn
 Apple Slices
 Milk

2
 BBQ Rib on Bun
 Sweet Potato Mini Puffs
 Baked Beans
 Fruit Cocktail
 Milk

3
 Chicken Noodle Casserole
 Green Beans
 Breadstick
 Applesauce
 Milk

4
 Corn Dog
 Tator Tots
 Chili Beans
 Fruit Cup
 Milk

7
 Pepperoni Pizza Bites
 Carrots
 Diced Pears
 Milk

8
 Chicken Nuggets
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

9
 Penne Noodles with Meat Sauce
 Romaine Tossed Salad With Italian Dressing
 Peas
 Diced Peaches & Milk

10
 Turkey & Cheese On Pretzel Bun
 Shredded Lettuce & Tomato
 Green Beans
 Mixed Fruit
 Milk

11
NO SCHOOL

14
 Cheeseburger
 Oven Fries
 Baked Beans
 Mixed Fruit Cup
 Milk

15
 Soft Taco
 Shredded Lettuce
 Spanish Rice, Salsa Cup
 Peas
 Applesauce
 Milk

16
 Turkey & Dressing
 Mashed Potatoes
 Green Beans
 Dinner Roll
 Peaches
 Milk

17
 Sloppy Joe
 Tator Tots
 Carrots
 Apple Slices
 Milk

18
 Mandarin Chicken
 Steamed Broccoli
 Corn
 Spaghetti Noodles
 Pineapple Chunks
 Milk

21
 Grilled Cheese
 Homemade Chicken
 Noodle Soup
 Green Beans
 Pears
 Milk

22
 Chicken Rings
 Mashed Potatoes
 Corn
 Pineapple Chunks
 Milk

23
 Spaghetti
 Bread Stick
 Romaine Tossed Salad with FF Ranch Dressing
 Carrots, Mixed Fruit
 Milk

24
NO SCHOOL

25
NO SCHOOL

28
 Pepperoni Pizza Wedge
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

29
 Hamburger
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

30
 Chicken Strips
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

