

November 2016

GCSD#9 – HIGH SCHOOL

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

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
Student - \$2.60
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

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 Or
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Tuesday

Wednesday

Thursday

Friday

Lil Nacho Bites **7**
 Fresh Veggie choices
 Cheesy Beans
 Spanish Rice
 Diced Pears
 Milk

Chicken Parmigiana **8**
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

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

Buffalo Diced Chicken **10**
 Sandwich
 Shredded Lettuce & Tomato
 Green Beans, Fresh Veggie Choices
 Mixed Fruit
 Milk

NO SCHOOL **11**

Meatball Sandwich **14**
 Oven Fries
 Sweet Peas
 Mixed Fruit Cup
 Milk

Cheese Enchiladas **15**
 Shredded Lettuce
 Spanish Rice, Salsa Cup
 Cheesy Beans
 Applesauce
 Milk

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

Pepperoni French **17**
 Bread Pizza
 Carrots
 Tator Tots
 Apple Slices
 Milk

Orange Chicken **18**
 Steamed Broccoli
 Corn
 Fried Rice
 Pineapple Chunks
 Milk

Homemade Chicken **21**
 Noodle Soup
 Grilled Cheese
 Green Beans, Veggie Boat
 Pears
 Milk

Country Fried **22**
 Chicken
 Mashed Potatoes
 Corn
 Pineapple Chunks
 Milk

Spaghetti **23**
 Breadstick
 Romaine Tossed Salad with
 FF Ranch Dressing, Veggie Boat
 Carrots, Mixed Fruit
 Milk

NO SCHOOL **24**

NO SCHOOL **25**

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

Breaded Dill Chicken **29**
 Broccoli & Cheese
 Sweet Potato Fries
 Cucumber Slices
 Apple Slices
 Milk

Queso Steak **30**
 Sandwich
 Romaine Salad
 Veggie Boat
 Pears
 Milk

