November 2016

GCSD#9 – GRADES 5- 6

BREAKFAST

Breakfast Prices
Student - $1.50
Reduced - $.30
Adult - $2.00
Milk - $.60

Variety of Milk 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	Tuesday	Wednesday	Thursday	Friday
If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or gloria.harrison@gcsd9.net cheryl.wilson@gcsd9.net	1 Pancakes with Syrup Or Cereal & Toast Pears Milk	2 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	3 Cooked Oatmeal & Toast Or Mini Donuts Peaches Milk	4 Breakfast Pizza Or Sausage Biscuit Peaches Milk
7 Cinnamon Roll Or Cereal & Toast Peaches Milk	8 Pancakes with Syrup Or Sausage Biscuit Pears Milk	9 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	10 Scrambled Egg, Sausage Patty & Toast Or Pop-Tart Fruit Mix Milk	11 **NO SCHOOL**
14 Breakfast Pizza Or Egg Biscuit Peaches Milk	15 Cooked Oatmeal & Toast Or Egg/Cheese Breakfast Slider Peaches Milk	16 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	17 Scrambled Eggs, Sausage Patty & Toast Or Waffles with Syrup Apple Slices Milk	18 Bagel & Cream Cheese Or Cereal & Toast Pears Milk
21 French Toast sticks Or Cereal & Toast Peaches Milk	22 Yogurt & Toast Or Waffles with Syrup Apple Slices Milk	23 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	24 **NO SCHOOL**	25 **NO SCHOOL**
28 Pancakes with Syrup Or Cereal & Toast Pears Milk	29 Cooked Oatmeal & Toast Or Mini Donuts Peaches Milk	30 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk		

November 2016

GCSD#9 – GRADES 5 - 6

LUNCH

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	Tuesday	Wednesday	Thursday	Friday
If you have any questions or comments, please contact the Food Service Dept. at (618-451-5800) Or gloria.harrison@gcsd9.net cheryl.wilson@gcsd9.net	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 Lil Nacho 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 Breadstick, 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 Sweet Peas Mixed Fruit Cup Milk	15 Soft Taco Shredded Lettuce Spanish Rice, Salsa Cup Cheesy Beans 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		