

November 2016

GCSD#9 – GRADES 7 - 8

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
 Or
 Cereal & Toast
 Peaches
 Milk

7

Pancakes with Syrup
 Or
 Sausage Biscuit
 Peaches
 Milk

8

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

9

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

10

NO SCHOOL

11

Breakfast Pizza
 Or
 Egg Biscuit
 Peaches
 Milk

14

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

15

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

16

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

17

Bagel & Cream Cheese
 Or
 Cereal & Toast
 Peaches
 Milk

18

French Toast sticks
 Or
 Cereal & Toast
 Peaches
 Milk

21

Yogurt & Toast
 Or
 Waffles with Syrup
 Apple Slices
 Milk

22

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

23

NO SCHOOL

24

NO SCHOOL

25

Pancakes with Syrup
 Or
 Cereal & Toast
 Peaches
 Milk

28

Cooked Oatmeal &
 Toast
 Or
 Mini Donuts
 Peaches
 Milk

29

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

30



November 2016

GCSD#9 – GRADES 7 - 8

LUNCH



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

gloria.harrison@gcsd9.net

cheryl.wilson@gcsd9.net

Tuesday

1
 Chicken Fajita
 Mashed Potatoes
 Corn
 Apple Slices
 Milk

Wednesday

2
 BBQ Rib on WG Bun
 Baked Beans
 Sweet Potato Gems
 Fruit Cocktail
 Milk

Thursday

3
 Chicken Noodle Casserole
 Green Beans
 Breadstick
 Applesauce
 Milk

Friday

4
 Corn Dog
 Tator Tots
 Chili Beans
 Fruit Cup
 Milk

7
 Lil Nacho Bites
 Carrots
 Spanish Rice
 Diced Pears
 Milk

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

9
 Penne Noodles & 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
 Carrots
 Tator Tots
 Apple Slices
 Milk

18
 Orange Chicken
 Steamed Broccoli
 Corn
 Spaghetti Noodles
 Pineapple Chunks
 Milk

21
 Homemade Chicken Noodle Soup
 Grilled Cheese
 Green Beans
 Pears
 Milk

22
 Chicken Rings
 Mashed Potatoes
 Corn
 Pineapple Chunks
 Milk

23
 Spaghetti
 Garlic Bread
 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

