

December 2016

GCSD#9 – GRADES 1 - 4

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 **5**
OR
Sausage Biscuit
Peaches
Milk

Breakfast Pizza **12**
Or
Egg Biscuit
Peaches
Milk

French Toast **19**
Sticks
Or
Cereal & Toast
Peaches
Milk

26
NO SCHOOL

Tuesday

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

Cinnamon Roll **6**
Or
Cereal & Toast
Peaches
Milk

Cooked Oatmeal & **13**
Toast
Or
Egg/Cheese Breakfast Slider
Peaches
Milk

Yogurt & Toast **20**
Or
Waffles with Syrup
Apple Slices
Milk

27
NO SCHOOL

Wednesday



Biscuit & Gravy **7**
Or
Cereal & Toast
Fruit Mix
Milk

Biscuit & Gravy **14**
Or
Cereal & Toast
Fruit Mix
Milk

Biscuit & Gravy **21**
Or
Cereal & Toast
Fruit Mix
Milk

28
NO SCHOOL

Thursday

Breakfast Pizza **1**
Or
Sausage Biscuit
Peaches
Milk

Scrambled Eggs, **8**
Sausage Patty & Toast
Or
Mini Powdered Donuts
Fruit Mix
Milk

Scrambled Eggs, **15**
Sausage Patty & Toast
Or
Dutch Waffle
Fruit Mix
Milk

Long John Donut **22**
Or
Pancakes with Syrup
Applesauce
Milk

29
NO SCHOOL

Friday

Cereal & Toast **2**
Or
Sausage Roll-Up
Fruit Mix
Milk

Sausage Roll-Up **9**
Or
Cereal & Toast
Apple Slices
Milk

Bagel & Cream **16**
Cheese
Or
Cereal & Toast
Peaches
Milk

23
NO SCHOOL

30
NO SCHOOL



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



Tuesday

If you have any questions or comments, please contact the Food Service Dept. at 618-451-5800
Or
gloria.harrison@gcsd9.net
cheryl.wilson@gcsd.net

Wednesday



Thursday

Friday

Pizza Crunchers **5**
Romaine Salad
Carrots
Pear Cup
Milk

Chicken Noodle Casserole **6**
Mashed Potatoes
Corn
Apple Slices
Milk

Grilled Chicken **7**
On WG Bun
Sweet Potato Mini Puffs
Baked Beans
Fruit Cocktail
Milk

Nachos **8**
Green Beans
Salsa Cup
Applesauce
Milk

Corn Dog **9**
Tator Tots
Chili Beans
Fruit Cup
Milk

Home Chicken **12**
Noodle Soup
Grilled Cheese Sandwich
Carrots
Diced Pears
Milk

Spaghetti **13**
Romaine Tossed Salad
With Lite Italian Dressing
Peas
Diced Peaches
Milk

Turkey & Dressing **14**
Mashed Potatoes
Green Beans
Apple Slices
Milk

Breaded Dill **15**
Chicken on WG Bun
Shredded Lettuce &
Tomato
Corn
Mixed Fruit, Milk

Fish Sandwich on **16**
WG Bun
Baked Beans
Tator Tots
Pineapple Chunks
Milk

Hamburger **19**
Oven Fries
Baked Beans
Mixed Fruit Cup
Milk

Soft Taco **20**
Shredded Lettuce
Spanish Rice, Peas
Salsa Cup
Applesauce
Milk

Chicken Nuggets **21**
Mashed Potatoes
Green Beans, Dinner Roll
Peaches
Milk

Sloppy Joe on **22**
WG Bun
Glazed Carrots
Apple Slices
Milk

23

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL