December 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	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 Breakfast Pizza Or Sausage Biscuit Peaches Milk	2 Cereal & Toast Or Sausage Roll-Up Fruit Mix Milk
5 Pancakes with Syrup Or Sausage Biscuit Pears Milk	6 Cinnamon Roll Or Cereal & Toast Peaches Milk	7 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	8 Scrambled Eggs, Sausage Patty & Toast Or Mini Powdered Sugar Donuts Fruit Mix Milk	9 Sausage Roll-Up Or Cereal & Toast Apple Slices Milk
12 Breakfast Pizza Or Egg Biscuit Peaches Milk	13 Cooked Oatmeal & Toast Or Egg/Cheese Breakfast Slider Peaches Milk	14 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	15 Scrambled Eggs, Sausage Patty & Toast Or Dutch Waffle Fruit Mix Milk	16 Bagel & Cream Cheese Or Cereal & Toast Pears Milk
19 French Toast Sticks Or Cereal & Toast Peaches Milk	20 Yogurt & Toast Or Waffles with Syrup Apple Slices Milk	21 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	22 Long John Donut Or Pancakes with Syrup Applesauce Milk	23 **NO SCHOOL**
26 **NO SCHOOL**	27 **NO SCHOOL**	28 **NO SCHOOL**	29 **NO SCHOOL**	30 **NO SCHOOL**

December 2016

GCSD#9 – HIGH SCHOOL

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	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 Buffalo Pizza Cooked Carrots Romaine Salad Pears Milk	2 BBQ Rib on WG Bun Calico Beans Tator Tots Mixed Fruit Milk
5 Pizza Crunchers Carrots Pear Cup Milk	6 Chicken Noodle Casserole Mashed Potatoes Green Beans, Dinner Roll Apple Slices Milk	7 Grilled Chicken On WG Bun Sweet Potato Mini Puffs Baked Beans Fruit Cocktail Milk	8 Lil' Nacho Bites Green Beans Carrots Applesauce Milk	9 Corn Dog Tator Tots Chili Beans Fruit Cup Milk
12 Homemade Chicken Noodle Soup Grilled Cheese Sandwich Carrot/Celery Sticks FF Ranch Dressing, Diced Pears Milk	13 Spaghetti Romaine Tossed Salad With Lite Italian Dressing Peas, Breadstick Diced Peaches Milk	14 Turkey & Dressing Mashed Potatoes Green Beans, Dinner Roll Apple Slices Milk	15 Breaded Dill Chicken Sandwich on WG Bun Shredded Lettuce Tomato Slices, Corn Mixed Fruit, Milk	16 Fish Sandwich On WG Bun Baked Beans Tator Tots Pineapple Chunks Milk
19 Spiced Chicken Sandwich Oven Fries Sweet Peas, Baked Beans Mixed Fruit Cup Milk	20 Soft Taco Shredded Lettuce Spanish Rice, Peas Cheesy Beans, Salsa Cup Pineapple Chunks Milk	21 Chicken Strips Mashed Potatoes Green Beans, Dinner Roll Peaches Milk	22 Queso Steak Sandwich Romaine Salad Carrots Apple Slices Milk	23
26 **NO SCHOOL**	27 **NO SCHOOL**	28 **NO SCHOOL**	29 **NO SCHOOL**	30 **NO SCHOOL**