

# December 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



## Tuesday

**If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or [gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net) or [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)**

## Wednesday



## Thursday

## Friday

**5**  
 Pancakes with Syrup  
 Or  
 Sausage Biscuit  
 Peaches  
 Milk

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

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

**8**  
 Breakfast Pizza  
 Or  
 Sausage Biscuit  
 Peaches  
 Milk

**9**  
 Cereal & Toast  
 Or  
 Sausage Roll-Up  
 Fruit Mix  
 Milk

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

**13**  
 Scrambled Eggs,  
 Sausage Patty & Toast  
 Or  
 Mini Powdered Sugar Donuts  
 Fruit Mix  
 Milk

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

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

**16**  
 Sausage Roll-Up  
 Or  
 Cereal & Toast  
 Apple Slices  
 Milk

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

**20**  
 Cooked Oatmeal &  
 Toast  
 Or  
 Egg/Cheese Breakfast Slider  
 Peaches  
 Milk

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

**22**  
 Scrambled Eggs,  
 Sausage Patty & Toast  
 Or  
 Dutch Waffle  
 Fruit Mix  
 Milk

**23**  
 Bagel & Cream  
 Cheese  
 Or  
 Cereal & Toast  
 Peaches  
 Milk

**26**  
 NO SCHOOL

**27**  
 NO SCHOOL

**28**  
 NO SCHOOL

**29**  
 Long John Donut  
 Or  
 Pancakes with Syrup  
 Applesauce  
 Milk

**30**  
 NO SCHOOL

# December 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



### Tuesday

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 please contact the Food Service Dept. at  
 618-451-5800  
 Or  
[gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net)  
[cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

### Wednesday



### Thursday

### Friday

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

Chicken Noodle **6**  
 Casserole  
 Mashed Potatoes  
 Corn, Dinner Roll  
 Apple Slices  
 Milk

Grilled Chicken on **7**  
 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

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

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

Turkey & Dressing **14**  
 Mashed Potatoes  
 Green Beans  
 Dinner Roll  
 Apple slices  
 Milk

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

Fish Sandwich **16**  
 On WG Bun  
 Baked Beans  
 Augrautin Potatoes  
 Pineapple Chunks  
 Milk

Hamburger **19**  
 Oven Fries  
 Sweet Peas  
 Mixed Fruit Cup  
 Milk

Soft Taco **20**  
 Shredded Lettuce  
 Peas  
 Cheesy Beans, Salsa Cup  
 Applesauce  
 Milk

Chicken Strips **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**