

December 2016

GCSD#9 – KINDERGARTEN

BREAKFAST



Breakfast Prices

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

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

Wednesday



Thursday

Friday

5
Mini Pancakes
Pears
Milk

6
Cinnamon Roll
Peaches
Milk

7
Biscuit & Gravy
Fruit Mix
Milk

8
Pop-Tart
Fruit Mix
Milk

9
Cereal & Toast
Apple Slices
Milk

12
Breakfast Pizza
Peaches
Milk

13
Egg/Cheese Breakfast Slider
Peaches
Milk

14
Cereal & Toast
Fruit Mix
Milk

15
Scrambled Eggs,
Sausage Patty & Toast
Fruit Mix
Milk

16
Cereal & Toast
Pears
Milk

19
French Toast
Sticks
Peaches
Milk

20
Yogurt & Toast
Apple Slices
Milk

21
Biscuit & Gravy
Fruit Mix
Milk

22
Long John Donut
Applesauce
Milk

23
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
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

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Wednesday



Thursday

Friday

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

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

Breaded Chicken **7**
 Patty on WG Bun
 Sweet Potato Mini Puffs
 Cucumber Slices
 Fruit Cocktail
 Milk

Mac 'N Cheese **8**
 Green Beans
 Applesauce
 Milk

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

Ham & Cheese **12**
 Sandwich on
 Fish Bread
 Carrots
 Diced Pears
 Milk

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

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

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

Hamburger **16**
 Baked Beans
 Smile Potatoes
 Pineapple Chunks
 Milk

Sloppy Dog **19**
 Oven Fries
 Peas
 Mixed Fruit Cup
 Milk

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

Chicken Rings **21**
 Mashed Potatoes
 Green Beans
 Peaches
 Milk

Grilled Cheese **22**
 Carrots
 Apple Slices
 Milk

23

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL