

January 2017

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

2

NO SCHOOL

Tuesday

3

NO SCHOOL

Wednesday

4

Biscuit & Gravy
Or
Cereal & Toast
Fruit Mix
Milk

Thursday

5

Breakfast Pizza
Or
Sausage Biscuit
Peaches
Milk

Friday

6

Cereal & Toast
Or
Sausage Roll-Up
Fruit Mix
Milk

Pancakes with Syrup
Or
Sausage Biscuit
Pears
Milk

9

Cinnamon Roll
Or
Cereal & Toast
Peaches
Milk

10

Biscuit & Gravy
Or
Cereal & Toast
Fruit Mix
Milk

11

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

12

Mini Donuts
Or
Cereal & Toast
Apple Slices
Milk

13

NO SCHOOL

16

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

17

Biscuit & Gravy
Or
Cereal & Toast
Fruit Mix
Milk

18

Scrambled Egg,
Sausage Patty & Toast
Or
Dutch Waffle
Apple Slices
Milk

19

Bagel & Cream
Cheese
Or
Cereal & Toast
Pear
Milk

20

French Toast Sticks
With Syrup
Or
Cereal & Toast
Peaches
Milk

23

Yogurt & Toast
Or
Waffles with Syrup
Apple Slices
Milk

24

Biscuit & Gravy
Or
Cereal & Toast
Fruit Mix
Milk

25

Long John Donut
Or
Pancakes with Syrup
Applesauce
Milk

26

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

27

Pancakes with Syrup
Or
Cereal & Toast
Pears
Milk

30

Cooked Oatmeal
& Toast
Or
Mini Donuts
Peaches
Milk

31

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





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

NO SCHOOL

2



Cheeseburger
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

9

NO SCHOOL

16

Pepperoni Pizza
 Bites
 Carrots
 Diced Pears
 Milk

23

Hamburger
 Oven Fries
 Baked beans
 Mixed Fruit Cup
 Milk

30

Tuesday

NO SCHOOL

3

Mini Corn Dogs
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices, Milk

10

Cheesy French
 Bread
 Romaine Salad
 Carrots
 Pear Cup
 Milk

17

Asian Nuggets
 Mashed Potatoes
 W.K. Corn, Dinner Roll
 Apple Slices
 Milk

24

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

31

Wednesday

Cheese Pizza
 Green Beans
 Pears
 Milk

4

Chicken Strips
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

11

Meat Loaf
 Mashed Potatoes
 Corn, Dinner Roll
 Apple Slices
 Milk

18

Yon Mazetta
 Romaine Tossed
 Salad
 Lite Italian Dressing
 Peas
 Diced Peaches, Milk

25

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 or
cheryl.wilson@gcsd9.net

Thursday

Chicken Rings
 Mashed potatoes
 Corn
 Pineapple Chunks
 Milk

5

Bosco Sticks
 & Sauce
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

12

Nachos with Cheese
 & Beef Cup
 Green Beans
 Salsa Cup
 Applesauce
 Milk

19

Chicken Fajita
 Shredded Lettuce or
 Lettuce & Tomato
 Green Beans
 Mixed Fruit
 Milk

26

Friday

Spaghetti
 Breadstick
 Romaine Tossed Salad
 FF Ranch Dressing
 Carrots
 Mixed Fruit
 Milk

6

Pepperoni Pizza
 Wedge
 W.K. Corn
 Applesauce
 Milk

13

Fish Sticks
 Tator Tots
 Mixed Vegetables
 Fruit Cup
 Milk

20

BBQ Rib on
 WG Bun
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

27

