



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

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
 Peaches
 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
 Peaches
 Milk

27

Pancakes with Syrup
 Or
 Cereal & Toast
 Peaches
 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 or cheryl.wilson@gcsd9.net





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

NO SCHOOL

2



Meatball Sandwich
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

9

NO SCHOOL

16

Pepperoni Pizza
 Bites
 Carrot/Celery Sticks
 FF Ranch Dressing
 Diced Peas
 Milk

23

Grilled Chicken on
 WG Bun
 Oven Fries
 Sweet Peas
 Mixed Fruit Cup
 Milk

30

Tuesday

NO SCHOOL

3

Grilled Chicken
 WG Bun
 Broccoli & Cheese
 Sweet Potato Fries
 Apple Slices, Milk

10

Cheesy French Bread
 Romaine Salad
 Carrots, Veggie Boat
 Pear Cup
 Milk

17

Country Fried
 Chicken
 Mashed Potatoes
 W.K. Corn, Dinner Roll
 Apple Slices
 Milk

24

Mini Tacos
 Shredded Lettuce
 Spanish Rice, Cheesy Beans
 Peas, Salsa Cup
 Pineapple Chunks
 Milk

31

Wednesday

Bosco Sticks &
 Sauce
 Green Beans
 Veggie Boat
 Pears
 Milk

4

Lasagna
 Romaine Salad
 Veggie Boat
 Breadstick
 Peaches
 Milk

11

Queso Steak
 Sandwich on Hoagie Bun
 Potato Wedges
 Spinach Salad
 Apple Slices
 Milk

18

Yon Mazetta
 Romaine Tossed
 Salad
 Green Peas, Breadstick
 Diced Peaches, Milk

25

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or
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cheryl.wilson@gcsd9.net

Thursday

Chicken Tenders
 Mashed potatoes
 Corn, Dinner Roll
 Pineapple Chunks
 Milk

5

Chicken Strips
 Mashed Potatoes
 Green Beans, Wheat Roll
 Peaches
 Milk

12

Nachos w/Meat &
 Cheese Cup
 Green Beans
 Slice of Bread, Veggie Boat
 Applesauce
 Milk

19

Chicken Fajita
 Slice of Bread
 Shredded Lettuce
 Green Beans, Salsa Cup
 Mixed Fruit
 Milk

26

Friday

Spaghetti
 Breadstick
 Romaine Tossed Salad
 Carrots, Veggie Boat
 Mixed Fruit
 Milk

6

Pepperoni Pizza
 Wedge
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

13

Chicken Nuggets
 Mashed Potatoes
 Corn, Dinner Roll
 Fruit Cup
 Milk

20

BBQ Ribs on Bun
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

27

