

January 2017

GCSD#9 – GRADES 5 & 6

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

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 - \$2.35
 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



9
 Cheeseburger
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

NO SCHOOL 16

23
 Pepperoni Pizza
 Bites
 Carrots
 Diced Pears
 Milk

30
 Hamburger
 Oven Fries
 Baked beans
 Mixed Fruit Cup
 Milk

Tuesday

NO SCHOOL 3

10
 Mini Corn Dogs
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices, Milk

17
 Cheesy French
 Bread
 Romaine Salad
 Carrots
 Pear Cup
 Milk

24
 Asian Nuggets
 Mashed Potatoes
 W.K. Corn, Dinner Roll
 Apple Slices
 Milk

31
 Soft Taco
 Shredded Lettuce
 Spanish Rice
 Peas, Salsa Cup
 Applesauce
 Milk

Wednesday

4
 Cheese Pizza
 Green Beans
 Pears
 Milk

11
 Chicken Strips
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

18
 Meat Loaf
 Mashed Potatoes
 Corn, Dinner Roll
 Apple Slices
 Milk

25
 Yon Mazetta
 Romaine Tossed
 Salad
 Lite Italian Dressing
 Peas, Breadstick
 Diced Peaches, Milk

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

Thursday

5
 Chicken Rings
 Mashed potatoes
 Corn, Dinner Roll
 Pineapple Chunks
 Milk

12
 Bosco Sticks
 & Sauce
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

19
 Nacho with Cheese
 & Beef
 Green Beans
 Salsa Cup
 Applesauce
 Milk

26
 Chicken Fajita
 Shredded Lettuce or
 Lettuce & Tomato
 Green Beans, Slice of Bread
 Mixed Fruit
 Milk

Friday

6
 Spaghetti
 Breadstick
 Romaine Tossed Salad
 FF Ranch Dressing
 Carrots
 Mixed Fruit
 Milk

13
 Pepperoni Pizza
 Wedge
 W.K. Corn
 Romaine Salad
 Applesauce
 Milk

20
 Fish Sticks
 Tator Tots
 Mixed Vegetables
 Slice of Bread
 Fruit Cup
 Milk

27
 BBQ Rib on
 WG Bun
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

