

January 2017

GCSD#9 - KINDERGARTEN

BREAKFAST



Breakfast Pricing

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

Cereal & Toast
Fruit Mix
Milk

Thursday

5

Breakfast Pizza
Peaches
Milk

Friday

6

Sausage Roll-Up
Fruit Mix
Milk

9

Cereal & Toast
Peaches
Milk

10

Mini Pancakes
Pears
Milk

11

Biscuit & Gravy
Fruit Mix
Milk

12

Pop-Tart
Fruit Mix
Milk

13

Cereal & Toast
Apple Slices
Milk

16

NO SCHOOL

17

Egg/Cheese
Breakfast Slider
Peaches
Milk

18

Cereal & Toast
Fruit Mix
Milk

19

Scrambled Egg,
Sausage Patty & Toast
Milk

20

Bagel & Cream
Cheese
Pears
Milk

23

Cereal & Toast
Peaches
Milk

24

Yogurt & Toast
Apple Slices
Milk

25

Biscuit & Gravy
Fruit Mix
Milk

26

Long John Donut
Applesauce
Milk

27

Pop-Tart
Pears
Milk

30

Cereal & Toast
Pears
Milk

31

Mini Donuts
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





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 SUBJECT TO CHANGE

Monday

NO SCHOOL 2



Pepperoni Pizza 9
 Wedge
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

NO SCHOOL 16

Pepperoni Pizza 23
 Bites
 Carrots
 Diced Pears
 Milk

Hamburger 30
 Oven Fries
 Baked Beans
 Mixed Fruit Cup
 Milk

Tuesday

NO SCHOOL 3



Cheeseburger 10
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Cheesy French 17
 Bread
 California Blend Vegetables
 Fruit Cocktail
 Milk

Chicken Rings 24
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

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

Wednesday

Hot Dog 4
 Smile Potatoes
 Corn
 Pineapple Chunks
 Milk

Chicken Strips 11
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

Meatloaf 18
 Mashed Potatoes
 Corn, Dinner Roll
 Apple Slices
 Milk

Baked Ravioli 25
 Romaine Tossed
 Salad w/Lite Italian
 Dressing
 Peas, Diced Peaches
 Milk

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Thursday

Spaghetti 5
 Breadstick
 Green Beans
 Peaches
 Milk

Bosco Sticks & 12
 Spaghetti Sauce
 Cooked Carrots
 Romaine Salad
 Pears, Milk

Nachos with Meat 19
 & Cheese Cup
 Green Beans
 Salsa Cup
 Applesauce
 Milk

Mini Tacos 26
 Shredded Lettuce
 Green Beans
 Mixed Fruit
 Milk

Friday

Breaded Chicken on 6
 WG Bun
 Augrautin Potatoes
 Apple Slices
 Milk

Mini Corn Dogs 13
 Calico beans
 Tator Tots
 Mixed Fruits
 Milk

Fish Sticks 20
 Tator Tots
 Mixed Vegetables
 Fruit Cup
 Milk

Grilled Cheese 27
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

