



Breakfast Prices

Adult - \$2.00

Milk - \$.60

Milk Variety Offered Daily:

1% Milk

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

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



Tuesday

Wednesday

Thursday

Friday

Biscuit & Gravy **1**
Or
Cereal & Toast
Fruit Mix
Milk

Breakfast Pizza **2**
Or
Sausage Biscuit
Peaches
Milk

Cereal & Toast **3**
Or
Sausage Roll-Up
Sliced Apples
Milk

Pancakes with Syrup **6**
Or
Sausage Biscuit
Pears
Milk

Cinnamon Roll **7**
Or
Cereal & Toast
Peaches
Milk

Biscuit & Gravy **8**
Or
Cereal & Toast
Fruit Mix
Milk

Scrambled Egg, **9**
Sausage Patty & Toast
Or
Pop-Tart
Fruit Mix
Milk

Mini Powered Sugar **10**
Donuts
Or
Cereal & Toast
Apple Slices
Milk

Breakfast Pizza **13**
Or
Egg Biscuit
Peaches
Milk

Cooked Oatmeal **14**
& Toast
Or
Egg/Cheese Breakfast Slider
Peaches
Milk

Biscuit & Gravy **15**
Or
Cereal & Toast
Fruit Mix
Milk

Scrambled Egg, **16**
Sausage Patty & Toast
Or
Dutch Waffle
Apple Slices
Milk

Bagel & Cream **17**
Cheese
Or
Cereal & Toast
Pears
Milk

NO SCHOOL **20**

Yogurt & Toast **21**
Or
Waffles with Syrup
Apple Slices
Milk

Biscuit & Gravy **22**
Or
Cereal & Toast
Fruit Mix
Milk

Long John Donut **23**
Or
Pancakes with Syrup
Applesauce
Milk

Pop-Tart **24**
Or
Scrambled Egg,
Sausage Patty & Toast
Pears
Milk

Pancakes with **27**
Syrup
Or
Cereal & Toast
Pears
Milk

Cooked Oatmeal **28**
& Toast
Or
Mini Donuts
Peaches
Milk



February 2017

GCSD#9 – GRADES 1 - 4

LUNCH



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

Tuesday

Wednesday

Thursday

Friday



Baked Pork Roast **1**
 Mashed Potatoes
 Green Beans
 Dinner Roll
 Peaches, Milk

Pepperoni Pizza **2**
 Carrots
 Apple Slices
 Milk

Orange Chicken **3**
 Steamed Broccoli
 Corn
 Spaghetti Noodles
 Pineapple Chunks
 Milk

Dill Chicken Patty **6**
 On WG Bun
 Green Beans
 Pears
 Milk

Chicken Nuggets **7**
 Mashed Potatoes
 Corn
 Blueberries
 Milk

Lasagna Roll Up **8**
 Breadstick
 Romaine Tossed Salad
 FF Ranch Dressing
 Carrots
 Mixed Fruit, Milk

Corn Dog **9**
 Sweet Potato Puffs
 Chili Beans
 Chilled Peaches
 Milk

Grilled Chicken on **10**
 WG Bun
 Augratin Potatoes
 Steamed California Blend
 Veggies.
 Apple Slices
 Milk

BBQ Rib **13**
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

Cheeseburger **14**
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Roasted Chicken **15**
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

Bosco Sticks & **16**
 Spaghetti Sauce
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

Pepperoni Pizza **17**
 Wedge
 W.K. Corn
 Applesauce
 Milk

NO SCHOOL **20**

Asian Nuggets **21**
 Mashed Potatoes
 Corn, Dinner Roll
 Apple Slices
 Milk

Sloppy Joe **22**
 Sweet Potato Puffs
 Peas
 Fruit Cocktail
 Milk

Mini Tacos **23**
 Green Beans
 Seasoned Black Beans
 Applesauce
 Milk

Fish Sticks **24**
 Tator Tots
 Mixed Vegetables
 Fruit Cup
 Milk

Mac 'N Cheese **27**
 Green Beans
 Carrots
 Diced Pears
 Milk

Gourmet **28**
 Cheeseburger
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

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