

February 2017

GCSD#9 – HIGH SCHOOL

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

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
 Fruit Mix
 Milk

Pancakes with Syrup **6**
 Or
 Sausage Biscuit
 Peaches
 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

Sausage Roll-Up **10**
 Or
 Cereal & Toast
 Apple Slices
 Milk

Breakfast Pizza **13**
 Or
 Sausage 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
 Peaches
 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
 Peaches
 Milk

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

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



February 2017

GCSD#9 – HIGH SCHOOL

LUNCH



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

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Friday



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

Chicken Nuggets **7**
 Mashed Potatoes
 Corn, Dinner Roll
 Blueberries
 Milk

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

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

BBQ Spicy Chicken **10**
 On WG Bun
 Augrautin Potatoes
 Steamed California Blend
 Veggies.
 Apple Slices
 Milk

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

Breaded Chicken on **14**
 WG Bun
 Broccoli & Cheese
 Sweet Potato Fries
 Apple Slices
 Milk

Spaghetti with **15**
 Meat Sauce
 Romaine Salad
 Bread Stick, Veggie Boat
 Pears
 Milk

Roasted Chicken **16**
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

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

NO SCHOOL **20**

Asian Nuggets **21**
 Potato Wedges
 Spinach Salad
 Apple Slices
 Milk

Steak Queso Sandwich **22**
 On Hoagie Bun
 Carrot/Celery Sticks
 FF Ranch Dip, Baked Beans
 Fruit Cocktail
 Milk

Mini Tacos **23**
 Green Beans
 Veggie Boat
 Applesauce
 Milk

Chicken Rings **24**
 Mashed Potatoes
 Corn, Dinner Roll
 Fruit Cup
 Milk

Pepperoni French **27**
 Bread
 Carrot/Celery Sticks
 FF Ranch Dressing
 Green Beans, Diced Pears
 Milk

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

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