

February 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

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

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

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

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

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

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

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

Bagel & Cream Cheese **17**
 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 Syrup **27**
 Or
 Cereal & Toast
 Peaches
 Milk

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





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

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Thursday

Friday



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

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

NO SCHOOL **20**

Round Pizza **27**
 Green Beans
 Diced Pears
 Milk

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

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

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

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

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

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

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

BBQ Chicken on **22**
 WG Bun
 Sweet Potato Puffs
 Peas
 Fruit Cocktail
 Milk

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 or
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Pepperoni Pizza **2**
 Carrots
 Apple Slices
 Milk

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

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

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



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

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

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

Fish Patty on **24**
 WG Bun
 Tator Tots
 Mixed Vegetables
 Fruit Cup
 Milk