

February 2017

GCSD#9 – GRADES 7 & 8

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
 Sliced Apples
 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

Mini Powdered 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
 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





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

Tuesday

Wednesday

Thursday

Friday



Dill Chicken Patty
 On WG Bun
 Green Beans
 Pears
 Milk

6

Chicken Nuggets
 Mashed Potatoes
 Corn
 Blueberries
 Milk

7

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

8

Corn Dog
 Sweet Potato Puffs
 Chili Beans
 Chilled Peaches
 Milk

9

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

10

BBQ Rib
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

13

Cheeseburger
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

14

Roasted Chicken
 Mashed Potatoes
 Green Beans
 Wheat Roll
 Peaches
 Milk

15

Bosco Sticks &
 Spaghetti Sauce
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

16

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

17

NO SCHOOL

20

Asian Nuggets
 Mashed Potatoes
 Corn, Dinner Roll
 Apple Slices
 Milk

21

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

22

Mini Tacos
 Green Beans, Salsa
 Seasoned Black Beans
 Applesauce
 Milk

23

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

24

Round Pizza
 Green Beans
 Diced Pears
 Milk

27

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

28

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

