

February 2017

GCSD#9 - KINDERGARTEN

BREAKFAST



Breakfast Prices

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

cheryl.wilson@gcsd9.net



Tuesday

Wednesday

Thursday

Friday

Cereal & Toast
Peaches
Milk

6

Cinnamon Rolls
Pears
Milk

7

Biscuit & Gravy
Fruit Mix
Milk

8

Scrambled Egg,
Sausage Patty & Toast
Fruit Mix
Milk

9

Cereal & Toast
Apple Slices
Milk

10

Breakfast Pizza
Peaches
Milk

13

Cooked Oatmeal
& Toast
Peaches
Milk

14

Cereal & Toast
Fruit Mix
Milk

15

Dutch Waffle
Apple Slices
Milk

16

Bagel & Cream
Cheese
Pears
Milk

17

NO SCHOOL

20

Yogurt & Toast
Apple Slices
Milk

21

Biscuit & Gravy
Fruit Mix
Milk

22

Long John Donut
Applesauce
Milk

23

Pop-Tart
Pears
Milk

24

Cereal & Toast
Pears
Milk

27

Mini Donuts
Peaches
Milk

28





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.



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Chicken Rings **1**
 Mashed Potatoes
 Green Beans
 Peaches
 Milk

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

Orange Chicken **3**
 Steamed Broccoli
 Dinner Roll
 Pineapple Chunks
 Milk

Hot Dog on WG Bun **6**
 Green Beans
 Pears
 Milk

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

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

Mini Corn Dogs **9**
 Baked Beans
 Chilled Peaches
 Milk

Cheese Pizza **10**
 Steamed California Blend
 Vegetables
 Apple Slices
 Milk

Grilled Chicken **13**
 Sandwich on WG Bun
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

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

Baked Pork Roast **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, Slice of Bread
 Apple Slices
 Milk

Sloppy Dog **22**
 Sweet Potato
 Mini Puffs
 Peas
 Fruit Cocktail
 Milk

Mini Tacos **23**
 Green Beans
 Seasoned Black Beans, Salsa Cup
 Applesauce
 Milk

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

Man 'N Cheese **27**
 Carrots, Green Peas
 Diced Pears
 Milk

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

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