



#### 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



Pancakes with Syrup  
Or  
Sausage Biscuit  
Pears  
Milk

6

Breakfast Pizza  
Or  
Egg Biscuit  
Peaches  
Milk

13

French Toast Sticks  
With Syrup  
Or  
Cereal & Toast  
Pears  
Milk

20

Pancakes with Syrup  
Or  
Cereal & Toast  
Pears  
Milk

27

### Tuesday

If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or [gloria.harrison@gcsd9.net](mailto:gloria.harrison@gcsd9.net) [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

Cinnamon Roll  
Or  
Cereal & Toast  
Peaches  
Milk

7

Cooked Oatmeal & Toast  
Or  
Egg/Cheese Breakfast Slider  
Blueberries  
Milk

14

Yogurt & Toast  
Or  
Waffles with Syrup  
Apple Slices  
Milk

21

Cooked Oatmeal & Toast  
Or  
Powdered Sugar  
Mini Donuts  
Peaches, Milk

28

### Wednesday

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

1

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

8

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

15

Biscuit & Gravy  
or  
Cereal & Toast  
Fruit Mix  
Milk

22

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

29

### Thursday

Breakfast Pizza  
Or  
Sausage Biscuit  
Peaches  
Milk

2

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

9

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

16

Long John Donut  
Or  
Pancakes with Syrup  
Applesauce  
Milk

23

Breakfast Pizza  
Or  
Egg Biscuit  
Blueberries  
Milk

30

### Friday

Cereal & Toast  
Or  
Sausage Roll-Up  
Blueberries  
Milk

3

Mini Chocolate Donuts  
Or  
Cereal & Toast  
Apple Slices  
Milk

10

Bagel & Cream Cheese  
Or  
Cereal & Toast  
Pears  
Milk

17

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

24

Cereal & Toast  
Or  
Sausage Roll-Up  
Fruit Mix  
Milk

31



**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.



**MENU IS SUBJECT TO CHANGE**

### Monday



### Tuesday

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### Wednesday

### Thursday

### Friday

**6**  
 Cheeseburger  
 Oven Fries  
 Baked Beans  
 Mixed Fruit Cup  
 Milk

**7**  
 Soft Taco  
 Shredded Lettuce  
 Spanish Rice  
 Peas, Salsa Cup  
 Applesauce, Milk

**8**  
 Pork Roast Dinner  
 Mashed Potatoes  
 Green Beans  
 Dinner Roll  
 Peaches  
 Milk

**9**  
 Spaghetti w/Meat  
 Sauce  
 Carrots, Breadstick  
 Apple Slices  
 Milk

**10**  
 Cheese Pizza  
 Steamed Broccoli  
 Corn  
 Pineapple Chunks  
 Milk

**13**  
 Breaded Dill  
 Chicken on WG Bun  
 Augrautin Potatoes  
 Steamed California  
 Blend Vegetables  
 Apple Slices, Milk

**14**  
 Chicken Rings  
 Mashed Potatoes  
 Corn, Dinner Roll  
 Pineapple Chunks  
 Milk

**15**  
 Chicken Noodle  
 Casserole  
 Green Beans, Breadstick  
 Pears  
 Milk

**16**  
 Turkey Bacon Sub  
 On Hoagie Bun  
 Sweet Potato Crosstrax  
 Baked Beans  
 Chilled Peaches  
 Milk

**17**  
 Lasagna Roll-Up  
 Breadstick  
 Romaine Tossed Salad  
 Steamed Broccoli  
 Applesauce  
 Milk

**20**  
 Pepperoni Pizza  
 W.K. Corn  
 Cooked Carrots  
 Applesauce  
 Milk

**21**  
 Cheeseburger  
 Broccoli & Cheese  
 Cucumber Slices  
 Apple Slices  
 Milk

**22**  
 Asian Nuggets  
 Mashed Potatoes  
 Green Beans  
 Wheat Roll  
 Peaches  
 Milk

**23**  
 BBQ Rib on Bun  
 Calico Beans  
 Tator Tots  
 Mixed Fruit  
 Milk

**24**  
 Bosco Sticks &  
 Spaghetti Sauce  
 Cooked Carrots  
 Romaine Salad  
 Pears, Milk

**27**  
 Pizza Bites  
 Romaine Salad  
 Carrots  
 Pear Cup  
 Milk

**28**  
 Chicken  
 Parmigiana on WG Bun  
 Mashed Potatoes  
 Corn  
 Apple Slices  
 Milk

**29**  
 Chicken Soft Taco  
 Sweet Potato Mini Puffs  
 Cheesy Beans  
 Fruit Cocktail  
 Milk

**30**  
 Enchiladas  
 With Red Sauce  
 Green Beans  
 Salsa cup  
 Applesauce  
 Milk

**31**  
 Fish Sticks  
 Tator Tots, Slice of Bread  
 Mixed Vegetables  
 Fruit Cup  
 Milk