March 2017

GCSD#9 – GCSD9 – 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	Tuesday	Wednesday	Thursday	Friday
	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	1 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	2 Breakfast Pizza Or Sausage Biscuit Peaches Milk	3 Cereal & Toast Or Sausage Roll-Up Blueberries Milk
6 Pancakes with Syrup Or Sausage Biscuit Pears Milk	7 Cinnamon Roll Or Cereal & Toast Peaches Milk	8 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	9 Scrambled Egg, Sausage Patty & Toast Or Pop-Tart Fruit Mix Milk	10 Sausage Roll-Up Or Cereal & Toast Apple Slices Milk
13 Breakfast Pizza Or Sausage Biscuit Peaches Milk	14 Cooked Oatmeal & Toast Or Egg/Cheese Breakfast Slider Blueberries Milk	15 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	16 Scrambled Egg, Sausage Patty & Toast Or Dutch Waffle Apple Slices Milk	17 Bagel & Cream Cheese Or Cereal & Toast Pears Milk
20 French Toast Sticks With Syrup Or Cereal & Toast Pears Milk	21 Yogurt & Toast Or Waffles with Syrup Apple Slices Milk	22 Biscuit & Gravy or Cereal & Toast Fruit Mix Milk	23 Long John Donut Or Pancakes with Syrup Applesauce Milk	24 Pop-Tart Or Scrambled Egg, Sausage Patty & Toast Pears Milk
27 Pancakes with Syrup Or Cereal & Toast Pears Milk	28 Cooked Oatmeal & Toast Or Mini Donuts Peaches Milk	29 Biscuit & Gravy Or Cereal & Toast Fruit Mix Milk	30 Breakfast Pizza Or Sausage Biscuit Blueberries Milk	31 Cereal & Toast Or Sausage Roll-Up Fruit Mix Milk

March 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	Tuesday	Wednesday	Thursday	Friday
	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	1 Cheese Pizza Romaine Tossed Salad w/Lite Italian Dressing Peas Diced Peaches, Milk	2 Mini Tacos Shredded Lettuce Carrots, Green Beans Mixed Fruit Milk	3 Fish Sandwich Northern Beans Tator Tots Pineapple Chunks Milk
6 Gourmet 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 Romaine Salad, Breadstick Veggie Boat Apple Slices Milk	10 French Bread Cheese Pizza Steamed Broccoli Carrots Pineapple Chunks Milk
13 Breaded Dill Chicken on WG Bun Augrautin Potatoes Steamed California Blend Vegetables Apple Slices, Milk	14 Chicken Strips Mashed Potatoes Corn, Biscuit Blueberries Milk	15 Chicken Noodle Casserole, Dinner Roll Green Beans, Veggie Boat Pears Milk	16 Spicy Chicken Sandwich Sweet Potato Crosstrax Baked Beans Chilled Peaches Milk	17 Lasagna Roll-Up Breadstick Romaine Tossed Salad FF Ranch Dressing Carrots, Applesauce Milk
20 Pepperoni Pizza W.K. Corn Cooked Carrots Applesauce Milk	21 Steak & Queso on Hoa gie Bun Broccoli & Cheese Cucumber Slices Apple Slices Milk	22 Buffalo Nuggets Mashed Potatoes Green Beans Garlic Bread 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 Green Beans Salsa cup Applesauce Milk	31 Fish sticks Tator Tots, Garlic Bread Mixed Vegetables Fruit Cup Milk