



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

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

Wednesday

Thursday

Friday

Pancakes with Syrup
 Or
 Sausage Biscuit
 Pears
 Milk

6

Cinnamon Roll
 Or
 Cereal & Toast
 Peaches
 Milk

7

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

8

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

9

Mini Chocolate Donuts
 Or
 Cereal & Toast
 Apple Slices
 Milk

10

Breakfast Pizza
 Or
 Egg Biscuit
 Peaches
 Milk

13

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

14

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

15

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

16

Bagel & Cream Cheese
 Or
 Cereal & Toast
 Pears
 Milk

17

French Toast Sticks With Syrup
 Or
 Cereal & Toast
 Pears
 Milk

20

Yogurt & Toast
 Or
 Waffles with Syrup
 Apple Slices
 Milk

21

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

22

Long John Donut
 Or
 Pancakes with Syrup
 Applesauce
 Milk

23

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

24

Pancakes with Syrup
 Or
 Cereal & Toast
 Pears
 Milk

27

Cooked Oatmeal & Toast
 Or
 Mini Donuts
 Peaches
 Milk

28

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

29

Breakfast Pizza
 Or
 Sausage Biscuit
 Blueberries
 Milk

30

Cereal & Toast
 Or
 Sausage Roll-Up
 Fruit Mix
 Milk

31



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

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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, Milk
 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