



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



Tuesday

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

Wednesday

Thursday

Friday

Cereal & Toast **6**
 Peaches
 Milk

Cinnamon Roll **7**
 Pears
 Milk

Biscuit & Gravy **8**
 Fruit Mix
 Milk

Pop-Tart **9**
 Fruit Mix
 Milk

Cereal & Toast **10**
 Apple Slices
 Milk

Breakfast Pizza **13**
 Peaches
 Milk

Cooked Oatmeal **14**
 & Toast
 Blueberries
 Milk

Cereal & Toast **15**
 Fruit Mix
 Milk

Dutch Waffle **16**
 Apple Slices
 Milk

Bagel & Cream **17**
 Cheese
 Pears
 Milk

Cereal & Toast **20**
 Pears
 Milk

Yogurt & Toast **21**
 Apple Slices
 Milk

Cereal & Toast **22**
 Fruit Mix
 Milk

Long John Donut **23**
 Applesauce
 Milk

Pop-Tart **24**
 Pears
 Milk

Cereal & Toast **27**
 Pears
 Milk

Powdered Sugar **28**
 Mini Donuts
 Peaches
 Milk

Biscuit & Gravy **29**
 Fruit Mix
 Milk

Breakfast Pizza **30**
 Blueberries
 Milk

Cereal & Toast **31**
 Fruit Mix
 Milk



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
 Ham & Cheese on
 Gold Fish Bread
 Oven Fries
 Seasoned Black Beans
 Mixed Fruit Cup
 Milk

7
 Soft Taco
 Shredded Lettuce
 Peas
 Salsa Cup
 Applesauce
 Milk

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

9
 Spaghetti w/Meat
 Sauce
 Romaine Salad
 Carrots
 Apple Slices
 Milk

10
 Cheese Pizza
 Corn
 Pineapple Chunks
 Milk

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

14
 Chicken Rings
 Mashed Potatoes
 Corn
 Blueberries
 Milk

15
 Chicken Noodle
 Casserole
 Green Beans
 Pears
 Milk

16
 Hot Dog on Bun
 Sweet Potato
 Crosstrax
 Black Eyed Peas
 Chilled Peaches
 Milk

17
 Lasagna Roll-Up
 Breadstick
 Romaine Tossed Salad
 W/FF Ranch Dressing
 Carrots
 Mixed Fruit, Milk

20
 Sausage Pizza
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

21
 Cheeseburger
 Broccoli & Cheese
 Baked Beans
 Apple Slices
 Milk

22
 Chicken Nuggets
 Mashed Potatoes
 Green Beans
 Peaches
 Milk

23
 Grilled Cheese
 Smile Potatoes
 Cucumber Slices
 Mixed Fruit
 Milk

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

27
 Baked Ravioli
 String Cheese
 Breadstick
 Steamed Broccoli
 Pear Cup
 Milk

28
 Chicken Parmigiana
 On WG Bun
 Mashed Potatoes
 Corn
 Apple Slices
 Milk

29
 Turkey & Cheese on
 Fish Bun
 Sweet Potato Min Puffs
 Baked Beans
 Fruit Cocktail
 Milk

30
 Pepperoni Pizza Bites
 Green Beans
 Applesauce
 Milk

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