

# April 2017

## GCSD#9 – 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

Pancakes with Syrup  
Or  
Sausage Biscuit  
Pears  
Milk

3

### Tuesday

Cinnamon Roll  
Or  
Cereal & Toast  
Peaches  
Milk

4

### Wednesday

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

5

### Thursday

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

6

### Friday

Mini Chocolate  
Donuts  
Or  
Cereal & Toast  
Apple Slices  
Milk

7

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

17

NO SCHOOL

French Toast Sticks  
With Syrup  
Or  
Cereal & Toast  
Peaches  
Milk

18

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

19

Long John Donut  
Or  
Pancakes with Syrup  
Applesauce  
Milk

20

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

21

Pancakes with Syrup  
Or  
Cereal & Toast  
Pears  
Milk

24

Cooked Oatmeal  
& Toast  
Or  
Mini Powdered Donuts  
Peaches  
Milk

25

Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

26

Breakfast Pizza  
Or  
Sausage Biscuit  
Blueberries  
Milk

27

Cereal & Toast  
Or  
Sausage Roll-Up  
Fruit Mix  
Milk

28



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) or [cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)





**Lunch Prices**  
**Student - \$2.65**  
**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.



### Monday

Lil Nacho Bites **3**  
 Carrot/Celery Sticks  
 FF Ranch Dressing  
 Green Beans  
 Diced Pears  
 Milk

### Tuesday

BBQ Chicken or Meatloaf **4**  
 Mashed Potatoes  
 W.K. Corn, Garlic Bread  
 Apple Slices  
 Milk

### Wednesday

Lasagna **5**  
 Romaine Tossed Salad  
 Lite Italian Dressing  
 Peas, Breadstick  
 Diced Peaches  
 Milk

### Thursday

Chicken Fajita **6**  
 Shredded Lettuce or  
 Lettuce & Tomato Slices  
 Green Beans, Salsa Cup  
 Mixed Fruit  
 Milk

### Friday

Fish Patty on WG Bun **7**  
 Northern Beans  
 Tator Tots  
 Pineapple Chunks  
 Milk

**10**  
**SPRING BREAK**

**11**  
**SPRING BREAK**

**12**  
**SPRING BREAK**

**13**  
**SPRING BREAK**

**14**  
**SPRING BREAK**

**17**  
**SPRING BREAK**

Chicken Noodle Casserole **18**  
 Green Beans  
 Veggie Boat  
 WG Pretzel Rod  
 Pears, Milk

Chicken Strips **19**  
 Mashed Potatoes  
 Corn, Dinner Roll  
 Pineapple Chunks  
 Milk

Spaghetti **20**  
 Breadstick  
 Romaine Tossed Salad  
 FF Ranch Dressing, Veggie Boat  
 Carrots, Mixed Fruit  
 Milk

Breaded Dill **21**  
 Chicken on WG Bun  
 Sweet Potato Crosstrax  
 Baked Beans  
 Chilled Peaches  
 Milk

Steak Queso on WG Bun **24**  
 W.K. Corn  
 Cooked Carrots  
 Applesauce  
 Milk

Spicy Chicken **25**  
 On WG Bun  
 Broccoli & Cheese  
 Sweet Potato Fries  
 Apple Slices  
 Milk

Bosco Sticks & Sauce **26**  
 Romaine Salad  
 Veggie Boat  
 Pears  
 Milk

Baked Chicken **27**  
 Mashed Potatoes  
 Green Beans  
 Wheat Roll  
 Peaches  
 Milk

BBQ Rib on Bun **28**  
 Calico Beans  
 Tator Tots  
 Mixed Fruit  
 Milk



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**[cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)**

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