

April 2017

GCSD#9 – GRADES 7 - 8

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 **3**
Or
Sausage Biscuit
Pears
Milk

Tuesday

Cinnamon Roll **4**
Or
Cereal & Toast
Peaches
Milk

Wednesday

Biscuit & Gravy **5**
Or
Cereal & Toast
Fruit Mix
Milk

Thursday

Scrambled Egg, **6**
Sausage Patty & Toast
Or
Pop-Tart
Fruit Mix
Milk

Friday

Mini Chocolate **7**
Donuts
Or
Cereal & Toast
Apple Slices
Milk

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

17

NO SCHOOL

French Toast Sticks **18**
With Syrup
Or
Cereal & Toast
Peaches
Milk

Biscuit & Gravy **19**
Or
Cereal & Toast
Fruit Mix
Milk

Long John Donut **20**
Or
Pancakes with Syrup
Applesauce
Milk

Pop-Tart **21**
Or
Scrambled Egg, Sausage
Patty & Toast
Fruit Mix
Milk

Pancakes with Syrup **24**
Or
Cereal & Toast
Pears
Milk

Cooked Oatmeal **25**
& Toast
Or
Mini Powdered Donuts
Peaches
Milk

Biscuit & Gravy **26**
Or
Cereal & Toast
Fruit Mix
Milk

Breakfast Pizza **27**
Or
Sausage Biscuit
Blueberries
Milk

Cereal & Toast **28**
Or
Sausage Roll-Up
Fruit Mix
Milk



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





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

Pepperoni Pizza **3**
 Wedge
 Carrots
 Diced Pears
 Milk

Tuesday

Cheeseburger **4**
 On WG Bun
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

Wednesday

Breaded Chicken **5**
 On WG Bun
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

Thursday

Meatball **6**
 Sandwich
 Green Beans
 Mixed Fruit
 Milk

Friday

Pizza Cheese **7**
 Crunchers
 Romaine Tossed Salad
 Lite Italian Dressing
 Peas
 Diced Peaches, Milk

SPRING BREAK **10**

SPRING BREAK **11**

SPRING BREAK **12**

SPRING BREAK **13**

SPRING BREAK **14**

SPRING BREAK **17**

Mac "N Cheese **18**
 Green Beans
 Breadstick
 Pears
 Milk

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

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

Cheeseburger **21**
 Sweet Potato Crosstrax
 Baked Beans
 Chilled Peaches
 Milk

Sausage Pizza **24**
 W.K. Corn
 Cooked Carrots
 Applesauce
 Milk

Turkey Bacon **25**
 Wrap
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Baked Chicken **26**
 Mashed Potatoes
 Green Beans
 Peaches
 Milk

Bosco Sticks & **27**
 Spaghetti
 Cooked Carrots
 Romaine Salad
 Pears
 Milk

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



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

MENU IS SUBJECT TO CHANGE

