

April 2017

GCSD#9 - KINDERGARTEN

BREAKFAST



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

3
Cereal & Toast
Peaches
Milk

Tuesday

4
Cinnamon Roll
Pears
Milk

Wednesday

5
Biscuit & Gravy
Fruit Mix
Milk

Thursday

6
Pop-Tart
Fruit Mix
Milk

Friday

7
Cereal & Toast
Apple Slices
Milk

10
NO SCHOOL

11
NO SCHOOL

12
NO SCHOOL

13
NO SCHOOL

14
NO SCHOOL

17
NO SCHOOL

18
Cereal & Toast
Peaches
Milk

19
Biscuit & Gravy
Fruit Mix
Milk

20
Long John Donut
Applesauce
Milk

21
Pop-Tart
Fruit Mix
Milk

24
Mini Pancakes
Cereal & Toast
Pears
Milk

25
Mini Donuts
Peaches
Milk

26
Cereal & Toast
Fruit Mix
Milk

27
Breakfast Pizza
Blueberries
Milk

28
Cereal & Toast
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
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

Cheese Pizza
 Carrots
 Diced Pears
 Milk

Tuesday

Hamburger on
 WG Bun
 Mashed Potatoes
 W.K. Corn
 Apple Slices
 Milk

Wednesday

Breaded Chicken on
 WG Bun
 Baked Beans
 Smiley Potatoes
 Pineapple Chunks
 Milk

Thursday

Meatball
 Sandwich
 Green Beans
 Mixed Fruit
 Milk

Friday

Pizza Cheese
 Crunchers
 Salad w/Lite Italian
 Dressing
 Celery Sticks
 Diced Peaches, Milk

NO SCHOOL

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

17

Hog Dog on
 WG Bun
 Green Beans
 Pears
 Milk

18

Chicken Nuggets
 Mashed Potatoes
 Corn
 Pineapple Chunks
 Milk

19

Spaghetti
 Romaine Tossed Salad
 w/FF Ranch Dressing
 Carrots
 Mixed Fruit, Milk

Grilled Cheese
 Green Peas
 Carrots & Celery Sticks
 With Ranch Dressing
 Chilled Peaches
 Milk

21

Pepperoni Pizza
 Wedge
 W.K. Corn
 Cooked Carrots
 Applesauce, Milk

24

Cheeseburger
 Broccoli & Cheese
 Cucumber Slices
 Apple Slices
 Milk

Chicken Strips
 Mashed Potatoes
 Green Beans
 Wheat Roll, Peaches
 Milk

26

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

27

Diced BBQ Chicken
 On Bun
 Calico Beans
 Tator Tots
 Mixed Fruit
 Milk

28

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