

September 2019

GCSD#9 – GRADES 7 - 8

BREAKFAST



Breakfast Prices:

Student - \$1.50
 Adult - \$2.50
 Milk - \$.60

MILK VARIETY OFFERED DAILY:

1% White
 1% Chocolate



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.

This Institution is an Equal Opportunity Employer.



Monday

NO SCHOOL 2
LABOR DAY

Breakfast Pizza
 or
 Sausage Biscuit 9
 Peaches
 Milk

French Toast Sticks 16
 With Syrup
 Or
 Cinnamon Toast Crunch Pastry
 Peaches, Milk

Dutch Waffle 23
 Or
 Cereal & Toast
 Pears
 Milk

Pancakes with Syrup 30
 Or
 Sausage Biscuit
 Pears
 Milk

Tuesday

Cinnamon Roll 3
 Or
 Cereal & Toast
 Peaches
 Milk

Banana Bread 10
 Or
 Waffles with Syrup
 Peaches
 Milk

Yogurt & Toast 17
 Or
 Mini Cinnis
 Apple Slices
 Milk

Cooked Oatmeal 24
 & Toast
 Or
 French Toast Sticks with Syrup
 Peaches, Milk

MENU IS SUBJECT TO CHANGE.



Wednesday

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

Biscuit & Gravy 11
 Or
 Cereal & Toast
 Fruit Mix
 Milk

Biscuit & Gravy 18
 or
 Cereal & Toast
 Fruit Mix
 Milk

Biscuit & Gravy 25
 or
 Cereal & Toast
 Fruit Mix
 Milk

ALL STUDENTS AT THIS SCHOOL RECEIVE ONE DAILY BREAKFAST FREE OF CHARGE.

Thursday

Scrambled Egg, 5
 Sausage Patty & Toast
 Or
 Pop-Tarts
 Fruit Mix, Milk

Scrambled Egg, 12
 Sausage Patty & Toast
 Or
 Jelly Crescent
 Apple Slices, Milk

Long John Donut 19
 Or
 Cereal & Toast
 Applesauce
 Milk

Breakfast Pizza
 or
 Sausage Biscuit 26
 Peaches
 Milk

Friday

Sausage Roll-Up 6
 Or
 Cereal & Toast
 Apple Slices
 Milk

Mini Donuts 13
 Or
 Cereal & Toast
 Apple Slices
 Milk

Pop-Tarts 20
 Or
 Scrambled Egg, Sausage
 Patty & Toast
 Pears, Milk

Cereal & Toast 27
 Or
 Sausage Roll-Up
 Fruit Mix
 Milk

