

Gainesville City Middle School Menu

February 2022

Adult breakfast: \$2.00
Adult lunch: \$3.50
Students eat at no cost
Extra milk is \$0.35

Assorted fat-free and low-fat milk is offered at breakfast & lunch.

The menu is limited and subject to change due to market conditions, school events, and closures.

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack Cheeseburger Baked Beans ½ cup Oven Fries ½ cup Pineapple ½ cup	Muffin & Cheese Stick Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken with 1 oz. Roll Carrot Sticks ½ cup Steamed Broccoli ½ cup Mandarin Oranges ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Sausage Pancake on a Stick Fruit Juice 4 oz. Peaches ½ cup Mozzarella Cheese Sticks Marinara Dunk Cup Corn ½ cup Broccoli Dippers ½ cup Fresh Fruit 1 each
7	8	9	10	11
Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Corndog Coleslaw ½ cup Baked Beans ½ cup Applesauce ½ cup	Biscuit & Sausage Links Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Sausage Pancake Slider Fruit Juice 4 oz. Applesauce ½ cup Cheesy Frenchbread Pizza Marinara Dunk Cup Corn ½ cup Broccoli Dippers ½ cup Pineapple ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz.	Dutch Waffle Fruit Juice 4 oz. Peaches ½ cup Turkey & Cheese Sandwich Chips Carrot Sticks ½ cup Veggie Juice 4 oz. Fresh Fruit 1 each
14	15	16	17	18
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Whipped Potatoes ½ cup Broccoli Dippers ½ cup Applesauce ½ cup	Poptart & Cheese Stick Fresh Fruit 1 each Craisins 1 pack Cheeseburger Baked Beans ½ cup Oven Fries ½ cup Pineapple ½ cup	French Toast Sticks Fruit Juice 4 oz. Applesauce ½ cup Breaded Chicken Drumstick with 1 oz. Roll Sweet Potatoes ½ cup Green Beans ½ cup Peaches ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Refried Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Breakfast Bun Fruit Juice 4 oz. Peaches ½ cup Pepperoni Hot Pocket Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Fresh Fruit 1 each
21	22	23	24	25
Holiday	Cereal Kit with Fruit Juice 4 oz. Fresh Fruit 1 each Hotdog Coleslaw ½ cup Baked Beans ½ cup Applesauce ½ cup	Mini Pancakes or Waffles Fresh Fruit 1 each Craisins 1 pack Chicken Nuggets (5) with 1 oz. Roll Green Beans ½ cup Whipped Potatoes ½ cup Peaches ½ cup	Steak Biscuit Fresh Fruit 1 each Raisins 1 pack Chicken Nachos Sour Cream & Salsa Black Beans ½ cup Cherry Tomatoes ½ cup Fruit Juice 4 oz.	Cheese Omelet & Muffin Fruit Juice 4 oz. Applesauce ½ cup Pepperoni Pizza Marinara Dunk Cup Corn ½ cup Steamed Broccoli ½ cup Pineapple ½ cup
28	1	2	3	4
Cereal Kit with Fruit Juice 4 oz. Mixed Fruit ½ cup Chicken Sandwich Whipped Potatoes ½ cup Green Beans ½ cup Applesauce ½ cup	Breakfast Taquito Fresh Fruit 1 each Craisins 1 pack Cheeseburger Baked Beans ½ cup Oven Fries ½ cup Pineapple ½ cup	Muffin & Cheese Stick Fruit Juice 4 oz. Applesauce ½ cup Asian Chicken with 1 oz. Roll Carrot Sticks ½ cup Steamed Broccoli ½ cup Mandarin Oranges ½ cup	Chicken Biscuit Fruit Juice 4 oz. Fresh Fruit 1 each Beefy Nachos Sour Cream & Salsa Pinto Beans ½ cup Cherry Tomatoes ½ cup Raisins 1 pack	Sausage Pancake on a Stick Fruit Juice 4 oz. Peaches ½ cup Mozzarella Cheese Sticks Marinara Dunk Cup Corn ½ cup Broccoli Dippers ½ cup Fresh Fruit 1 each

If you have a peanut allergy, soy butter sandwiches are available upon request. Please let your teacher know to request the soy butter sandwich from the cafeteria, if desired (peanut free, but contains milk, wheat, and soy).



feedmyschool.org
georgiagrown.com
gafarmtoschool.org

HARVEST OF THE MONTH



Cruciferous Vegetables

Cruciferous Vegetables

**Cruciferous vegetables are members of the Brassicaceae family.
CABBAGE, BROCCOLI, CAULIFLOWER**

Cruciferous vegetables are often known for their distinct odor when cooked by certain methods, but when cooked with less water and lower heat methods, the smells are kept to a minimum and the nutrients are kept to a maximum.

Many vegetables evolved from the original wild cabbage, including broccoli, Brussel sprouts, cauliflower, kale, and kohlrabi.

Cabbage is in season in Georgia from October through July while broccoli and cauliflower are in season in late fall through spring if protected properly in the winter months.

Cabbage is one of Georgia's 2018 Farm Gate Value Report's top 10 vegetables produced in Georgia.

South Georgia's climate allows for an extended broccoli growing season through the winter while north Georgia's climate allows for broccoli to be grown into late spring.

Cauliflower can be a bit more challenging to grow in Georgia than the other members of this group, but its popularity is on the rise as it is used to create "steaks", "rice", and pizza crusts on menus.



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.