



**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

**1**  
Pancakes with Syrup  
Or  
Sausage Biscuit  
Pears  
Milk

### Tuesday

**2**  
Cinnamon Roll  
Or  
Cereal & Toast  
Peaches  
Milk

### Wednesday

**3**  
Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

### Thursday

**4**  
Scrambled Egg,  
Sausage Patty & Toast  
Or  
Pop-Tart  
Fruit Mix  
Milk

### Friday

**5**  
Mini Chocolate  
Donuts  
Or  
Cereal & Toast  
Apple Slices  
Milk

**8**  
Breakfast Pizza  
Or  
Egg Biscuit  
Peaches  
Milk

**9**  
Cooked Oatmeal  
& Toast  
Or  
Egg/Cheese Breakfast Slider  
Peaches  
Milk

**10**  
Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

**11**  
Scrambled Egg,  
Sausage Patty & Toast  
Or  
Waffles with Syrup  
Apple Slices  
Milk

**12**  
Dutch Waffle  
Or  
Cereal & Toast  
Pears  
Milk

**15**  
French Toast  
Sticks with Syrup  
Or  
Cereal & Toast  
Peaches  
Milk

**16**  
Yogurt & Toast  
Or  
Waffles with Syrup  
Apple Slices  
Milk

**17**  
Biscuit & Gravy  
Or  
Cereal & Toast  
Fruit Mix  
Milk

**18**  
Long John Donut  
Or  
Pancakes with Syrup  
Applesauce  
Milk

**19**  
**MANAGER'S  
CHOICE**

**22**  
IN THE EVENT OF INCLEMENT WEATHER  
AND ADDITIONAL DAYS OF ATTENDANCE  
ARE NEEDED, THERE WILL BE MANAGER'S  
CHOICE FOR THOSE DAYS.

**29**

**30**

**31**

If you have any questions or comments,  
please contact the Food Service Dept. at  
(618)451-5800 or  
[gloria.harrison@gcgs9.net](mailto:gloria.harrison@gcgs9.net)  
[cheryl.wilson@gcgs9.net](mailto:cheryl.wilson@gcgs9.net)



# May 2017

## GCSD#9 – GRADES 1 - 4

### LUNCH



**Lunch Prices**  
Student - \$2.35  
Reduced - \$.40  
Adult - \$3.25  
Milk - \$.60

**Milk Variety Offered Daily:**  
1% White  
FF Chocolate



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



**MENU IS SUBJECT TO CHANGE**

### Monday

Cheesy French Bread **1**  
Romaine Salad  
Carrots  
Pear Cup  
Milk

Pizza Bites **8**  
Carrots  
Diced Pears  
Milk

Cheeseburger on WG Bun **15**  
Oven Fries  
Baked Beans  
Mixed Fruit Cup  
Milk

**22**  
IN THE EVENT OF INCLEMENT WEATHER AND ADDITIONAL DAYS OF ATTENDANCE ARE NEEDED, THERE WILL BE MANAGER'S CHOICE ON THOSE DAYS.

**29**

### Tuesday

Chicken Nuggets **2**  
Mashed Potatoes  
Corn  
Apple Slices  
Milk

Chicken Strips **9**  
Mashed Potatoes  
W.K. Corn  
Apple Slices  
Milk

Bosco Sticks **16**  
Romaine Salad  
Peas  
Applesauce  
Milk

**23**

**30**

### Wednesday

Mini Corn Dogs **3**  
Sweet Potato Mini Puffs  
Baked Beans  
Fruit Cocktail  
Milk

Spaghetti **10**  
Romaine Tossed Salad  
Lite Italian Dressing  
Peas, Breadstick  
Diced Peaches  
Milk

Chicken Rings **17**  
Mashed Potatoes  
Green Beans  
Peaches  
Milk

**24**

**31**

### Thursday

Pizza Crunchers **4**  
Mixed Vegetables  
Fruit Cup  
Milk

Mini Tacos **11**  
Shredded Lettuce  
Green Beans  
Mixed Fruit  
Milk

Manager's Choice **18**

**24**

### Friday

Breaded Dill **5**  
Chicken on WG Bun  
Green Beans  
Applesauce  
Milk

Corn Dogs **12**  
Baked Beans  
Tator Tots  
Pineapple Chunks  
Milk

Manager's Choice **19**

**26**

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