



**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

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

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

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

**22**

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

**29**

### Tuesday

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

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

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

**23**

**30**

### Wednesday

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

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

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

**24**

**31**

If you have any questions or comments,  
 please contact the Food Service Dept. at  
 (618)451-5800 or  
[gloria.harrison@gcds9.net](mailto:gloria.harrison@gcds9.net)  
[cheryl.wilson@gcds9.net](mailto:cheryl.wilson@gcds9.net)

### Thursday

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

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

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

**25**

### Friday

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

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

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

**26**



# May 2017

## GCSD#9 – HIGH SCHOOL

### LUNCH



**Lunch Prices**  
Student - \$2.60  
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

Pepperoni  
French Bread  
Romaine Salad  
Carrots  
Pear Cup  
Milk

1

### Tuesday

Breaded Chicken  
On WG Bun  
Potato Wedges  
Spinach Salad  
Apple Slices  
Milk

2

### Wednesday

Chicken Fajita  
Cheesy Beans, Salsa  
Veggie Boat  
Fruit Cocktail  
Milk

3

### Thursday

Spicy Chicken on  
WG Bun  
Mashed Potatoes  
Corn  
Fruit Cup  
Milk

4

### Friday

Philly Steak &  
Cheese Sandwich  
Green Beans  
Veggie Boat  
Applesauce  
Milk

5

Stuffed Crust  
Pizza  
Romaine Salad  
Veggie Boat  
Diced Peas  
Milk

8

Buffalo Nuggets  
Mashed Potatoes  
W.K. Corn  
Garlic Bread  
Apple Slices  
Milk

9

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

10

Nacho Bites  
Green Beans  
Salsa Cup  
Mixed Fruit  
Milk

11

BBQ Ribs on  
WG Bun  
Baked Beans  
Tator Tots  
Pineapple Chunks  
Milk

12

Pizza Crunchers  
Oven Fries  
Sweet Peas  
Mixed Fruit Cup  
Milk

15

Soft Taco  
Shredded Lettuce,  
Spanish Rice, Peas  
Salsa Cup, Cheesy Beans  
Pineapple Chunks  
Milk

16

Chicken Strips  
Mashed Potatoes  
Green Beans  
Dinner Roll  
Peaches  
Milk

17

Manager's  
Choice

18

Manager's  
Choice

19

22

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CHOICE ON THOSE DAYS.

23

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