



**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  
 Egg 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**





**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

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

Pizza Bites **8**  
 Romaine Salad  
 Carrots  
 Diced Peas  
 Milk

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

**22**  
 IN THE EVENT OF INCLEMENT WEATHER  
 AND ADDITIONAL DAYS OF ATTENDANCE  
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 CHOICE ON THOSE DAYS.

**29**

### Tuesday

Chicken Nuggets **2**  
 Mashed Potatoes  
 Corn, Slice of Bread  
 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 **18**  
 Choice

**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 **19**  
 Choice

**26**

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 comments, please contact the Food  
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[cheryl.wilson@gcsd9.net](mailto:cheryl.wilson@gcsd9.net)

