



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 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 - \$2.60
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 **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
 ARE NEEDED, THERE WILL BE MANAGER'S
 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

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