

GCMS MENU



Students who eat school breakfast are more likely to:

- * Reach higher levels of achievement in reading and math
- * Have better concentration and memory
- * Be more alert
- * Maintain a healthy weight



**SCHOOL
BREAKFAST**
OUT OF THIS WORLD!™

Join us daily in the cafeteria for a free, nutritious breakfast, beginning at 7 a.m.

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	LENT - Friday, March 6
Chicken (6) Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (17) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Hash Browns, 2 (26), Cheesy Toast (15) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Hot Dog (2) on Bun (31) Or Big Daddy's Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Baked Beans, ½ c. (29) Potato Smiles, 4 ea. (28) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)	BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy (*) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)	Wild Wing Wednesday...Your Way! Choice of Buffalo, BBQ or Naked Wings (*) Or Salad Bar Crunchy Carrots, ½ c. (4) Fresh Celery, ½ c. (4) Mashed Potatoes, ½ c. (15) Roll (22) Fresh Fruit (~15) Pineapple Tidbits (19) Milk (11-22)	Beef Taco, 3 oz. (0) & Shredded Cheese (1) or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Alfredo (39) Or Tony's Deep Dish Personal Pizza (35) or Salad Bar Cheesy Breadstick (15) Glazed Carrots, ½ c. (13) Steamed Broccoli, ½ c. (5) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Pineapple, ½ c. (18) Milk (11-22)
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	LENT - Friday, March 13
French Toast Sticks, 4 (38) & Syrup (31) or Sausage Pancake on a Stick (18), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (17) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Mini Corn Dogs, 6 (30) Or Big Daddy's Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18), Milk (11-22)	Chicken Fillet (15) on Bun (31) Or Hamburger (1) on Bun (31) Or Salad Bar Baked Potato Wedges, ½ c. (18) Green Beans, ½ c. (4) Romaine & Tomato (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (11-22)	Chicken Smackers, 10 (20) & Waffle (37), Syrup (31) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5) Fresh Fruit, ½ c. (~15) Peach Slices, ½ c. (12) Milk (11-22)	Pork BBQ (16) on Bun (31) Or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fresh Veggies, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit (~15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)	Chili, 8 oz. (22) Crackers (5 per pack) Grilled Cheese Sandwich (30) Or Tony's Deep Dish Personal Pizza (35) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20) Milk (13-20) FF Ranch Dressing (6)
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	LENT - Friday, March 20
Donut Holes, 6 (30) or Sausage Pancake on a Stick (18), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wov Butter (8), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Top it Off Oatmeal, ¾ c. (32) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk
Mandarin Orange Chicken (19) Or Big Daddy's Four Cheese or Pepperoni Pizza (35) or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21), Tortilla (19) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekick (20) Milk (11-22)	Salisbury Steak (2)/Gravy (5) Or Hamburger (1) on Bun (31) Or Salad Bar Seasoned Carrots, ½ c. (13) Mashed Potatoes, ½ c. (15) Bread, (1 sl. = 15) Fresh Fruit (~15) Peach Slices, ½ c. (12) Milk (11-22)	Nachos: Chicken, 3 oz. & Queso, 2 oz. (4) Or Tony's Cheese Deep Dish Personal Pizza (35) or Salad Bar Tortilla Chips (18) or Doritos (20) Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit, ½ c. (~15), Salsa, ¼ c. (4) Fruit Sidekick (20), Milk (11-22)	Chicken Strips, 4 (22) Or Salad Bar (Breakfast Burrito) Mashed Potatoes, ½ c. (15) Peas, ½ c. (9) Fresh Veggies, ½ cup (2.5) Fresh Fruit (~15) Fruit Cocktail, ½ c. (18) Roll, 1 ea. (22) Milk (11-22)	Big Daddy's Four Cheese or Pepperoni Pizza (35) or Hamburger (1) on Bun (31) Or Salad Bar Golden Corn, ½ c. (16) Baked Beans, ½ c. (29) Fresh Broccoli, ½ c. (2.5) Fresh Fruit (~15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	LENT - Friday, March 27
Chicken (6) Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (17) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Sausage, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Hash Browns, 2 (26), Cheesy Toast (15) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Hot Dog (2) on Bun (31) Or Big Daddy's Four Cheese Pizza or Pepperoni Pizza (35) Or Salad Bar Baked Beans, ½ c. (29) Potato Smiles, 4 ea. (28) Fresh Veggies, ½ c. (2.5) Fresh Fruit (~15) Applesauce, ½ c. (23) Milk (11-22)	BREAKFAST FOR LUNCH Sausage & Eggs Biscuit (26) & Gravy (*) Or Salad Bar Southern-Style Hash Browns, ½ c. (14) Fresh Veggies, ½ c. (2.5) Cinnamon Baked Apples, ½ c. (*) Fresh Fruit (~15) Milk (11-22)	Wild Wing Wednesday...Your Way! Choice of Buffalo, BBQ or Naked Wings (*) Or Salad Bar Crunchy Carrots, ½ c. (4) Fresh Celery, ½ c. (4) Mashed Potatoes, ½ c. (15) Roll (22) Fresh Fruit (~15) Pineapple Tidbits (19) Milk (11-22)	Beef Taco, 3 oz. (0) & Shredded Cheese (1) or Tony's Deep Dish Personal Pizza (35) Or Salad Bar Golden Corn, ½ c. (16) Fiesta Rice, ½ c. (21) Tortilla Chips (18), Salsa, ¼ c. (4) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit (~15) Fruit Sidekicks (20) Milk (11-22)	Chicken Alfredo (39) Or Tony's Deep Dish Personal Pizza (35) or Salad Bar Cheesy Breadstick (15) Glazed Carrots, ½ c. (13) Steamed Broccoli, ½ c. (5) Mixed Green Salad, ¾ c. (4) Fresh Fruit (~15) Pineapple, ½ c. (18) Milk (11-22)