

## GILMANTON SCHOOLS MENU 2016-17

(\* denotes Whole Grain Products)

<b>Week 1</b>	<b>Mon., Jan. 9</b> <b>BREAKFAST</b>	<b>Tues., Jan. 10</b> <b>BREAKFAST</b>	<b>Wed., Jan. 11</b> <b>BREAKFAST</b>	<b>Thurs., Jan. 12</b> <b>BREAKFAST</b>	<b>Fri., Jan. 13</b> <b>BREAKFAST</b>
	breakfast pizza peaches juice, milk	pancakes w/syrup applesauce juice, milk	sausage & cheese biscuit pears juice, milk	french toast sticks fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 2</b>	<b>Mon., Jan. 16</b> <b>BREAKFAST</b>	<b>Tues., Jan. 17</b> <b>BREAKFAST</b>	<b>Wed., Jan. 18</b> <b>BREAKFAST</b>	<b>Thurs., Jan. 19</b> <b>BREAKFAST</b>	<b>Fri., Jan. 20</b> <b>BREAKFAST</b>
	lumberjack w/syrup mandarin oranges juice, milk	egg omelet, toast fruit sauce juice, milk	waffle w/syrup cheese stick, peaches juice, milk	breakfast pizza pineapple juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 3</b>	<b>Mon., Jan. 23</b> <b>BREAKFAST</b>	<b>Tues., Jan. 24</b> <b>BREAKFAST</b>	<b>Wed., Jan. 25</b> <b>BREAKFAST</b>	<b>Thurs., Jan. 26</b> <b>BREAKFAST</b>	<b>Fri., Jan. 27</b> <b>BREAKFAST</b>
	NO CLASS	choice of cereal fruit sauce, yogurt juice, milk	cinnamon roll sausage, fruit sauce juice, milk	breakfast pizza fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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	lumberjack w/syrup mandarin oranges juice, milk	egg omelet, toast fruit sauce juice, milk	waffle w/syrup cheese stick, peaches juice, milk	breakfast pizza pineapple juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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	NO CLASS	choice of cereal fruit sauce, yogurt juice, milk	cinnamon roll sausage, fruit sauce juice, milk	breakfast pizza fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
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	breakfast pizza peaches juice, milk	pancakes w/syrup applesauce juice, milk	sausage & cheese biscuit pears juice, milk	french toast sticks fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 2</b>	<b>Mon., Jan. 16</b> <b>BREAKFAST</b>	<b>Tues., Jan. 17</b> <b>BREAKFAST</b>	<b>Wed., Jan. 18</b> <b>BREAKFAST</b>	<b>Thurs., Jan. 19</b> <b>BREAKFAST</b>	<b>Fri., Jan. 20</b> <b>BREAKFAST</b>
	lumberjack w/syrup mandarin oranges juice, milk	egg omelet, toast fruit sauce juice, milk	waffle w/syrup cheese stick, peaches juice, milk	breakfast pizza pineapple juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 3</b>	<b>Mon., Jan. 23</b> <b>BREAKFAST</b>	<b>Tues., Jan. 24</b> <b>BREAKFAST</b>	<b>Wed., Jan. 25</b> <b>BREAKFAST</b>	<b>Thurs., Jan. 26</b> <b>BREAKFAST</b>	<b>Fri., Jan. 27</b> <b>BREAKFAST</b>
	NO CLASS	choice of cereal fruit sauce, yogurt juice, milk	cinnamon roll sausage, fruit sauce juice, milk	breakfast pizza fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>

## GILMANTON SCHOOLS MENU 2016-17

(\* denotes Whole Grain Products)

<b>Week 4</b>	<b>Mon., Jan. 30 BREAKFAST</b>	<b>Tues., Jan. 31 BREAKFAST</b>	<b>Wed., Feb. 1 BREAKFAST</b>	<b>Thurs., Feb. 2 BREAKFAST</b>	<b>Fri., Feb. 3 BREAKFAST</b>
	waffle w/syrup cheese stick, applesauce juice, milk	ham patty toast w/jelly, fruit sauce juice, milk	apple frudel fruit sauce juice, milk	banana bread pineapple juice, milk	choice of cereal toast, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	*chicken nuggets oven baked french fries broccoli diced pears milk	sub sandwich on a *bun, oven baked hash browns, pineapple milk	beef noodle hotdish fresh carrots, tossed lettuce salad, slice of *bread fresh fruit milk	beef soft shell taco w/*tortilla, fixings baked beans refried beans mixed fruit milk	*pizza seasoned green beans steamed cauliflower sliced peaches milk
<b>Week 5</b>	<b>Mon., Feb. 6 BREAKFAST</b>	<b>Tues., Feb. 7 BREAKFAST</b>	<b>Wed., Feb. 8 BREAKFAST</b>	<b>Thurs., Feb. 9 BREAKFAST</b>	<b>Fri., Feb. 10 BREAKFAST</b>
	strawberry mini bagels pears juice, milk	ham & cheese on bun pineapple juice, milk	cereal, yogurt peaches juice, milk	lumberjack w/syrup pears juice, milk	NO CLASS
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	*corn dog oven baked tator tots mixed veggies chilled apple juice milk	hamburger on *bun baked beans steamed broccoli mixed fruit milk	sliced ham mashed potatoes *dinner roll, cranberries fresh cauliflower, pears milk	baked lasagna lettuce salad *garlic breadstick pineapple milk	NO CLASS
<b>Week 6</b>	<b>Mon., Feb. 13 BREAKFAST</b>	<b>Tues., Feb. 14 BREAKFAST</b>	<b>Wed., Feb. 15 BREAKFAST</b>	<b>Thurs., Feb. 16 BREAKFAST</b>	<b>Fri., Feb. 17 BREAKFAST</b>
	breakfast egg & cheese wrap, fruit sauce juice, milk	cinnamon roll sausage, fruit sauce juice, milk	egg omelet, toast w/jelly, fruit sauce juice, milk	pancake glazers, cheese stick, pears juice, milk	choice of cereal English muffin, fruit sauce juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	hot ham & American cheese on *bun sweet potatoes, mixed veggies, fruit cocktail milk	barbecue on *bun oven baked potato wedges cottage cheese chilled peaches milk	chicken ala king rice steamed green beans fresh fruit milk	*pepperoni pizza baked beans steamed corn pineapple milk	italian dunkers w/ dipping sauce, tossed salad, fresh cucumber slices w/dip, diced pears milk