

GILMANTON SCHOOLS MENU 2016-17

(* denotes Whole Grain Products)

Week 1	Mon., May 15 BREAKFAST	Tues., May 16 BREAKFAST	Wed., May 17 BREAKFAST	Thurs., May 18 BREAKFAST	Fri., May 19 BREAKFAST
	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
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Week 2	Mon., May 22 BREAKFAST	Tues., May 23 BREAKFAST	Wed., May 24 BREAKFAST	Thurs., May 25 BREAKFAST	Fri., May 26 BREAKFAST
	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
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Week 3	Mon., May 29 BREAKFAST	Tues., May 30 BREAKFAST	Wed., May 31 BREAKFAST	Thurs., June 1 BREAKFAST	Fri., June 2 BREAKFAST
	NO CLASS	pancakes w/syrup applesauce juice, milk	breakfast pizza mixed fruit juice, milk	waffle w/syrup fruit sauce juice, milk	lumberjack w/syrup fruit sauce juice, milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Week 3	Mon., May 29 BREAKFAST	Tues., May 30 BREAKFAST	Wed., May 31 BREAKFAST	Thurs., June 1 BREAKFAST	Fri., June 2 BREAKFAST
	NO CLASS	chicken patty on *bun french fries peaches milk	*spaghetti w/meat sauce breadstick pears milk	hot dog on *bun baked beans mandarin oranges milk	pizza corn applesauce cup milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

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Week 4	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	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
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	*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
Week 5	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	strawberry mini bagels pears juice, milk	ham & cheese on bun pineapple juice, milk	cereal, yogurt peaches juice, milk	lumberjack w/syrup pears juice, milk	choice of cereal toast w/jelly fruit sauce, juice, milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	*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	*macaroni & cheese steamed carrots fresh cucumber slices w/dip, fresh orange milk
Week 6	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	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
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	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