

GILMANTON SCHOOLS MENU 2016-17

(* denotes Whole Grain Products)

Week 1	Mon., Nov. 21 BREAKFAST	Tues., Nov. 22 BREAKFAST	Wed., Nov. 23	Thurs., Nov. 24	Fri., Nov. 25
	breakfast pizza peaches juice, milk	pancakes w/syrup applesauce juice, milk	NO CLASS	NO CLASS	NO CLASS
	LUNCH	LUNCH			
Week 2	Mon., Nov. 28 BREAKFAST	Tues., Nov. 29 BREAKFAST	Wed., Nov. 30 BREAKFAST	Thurs., Dec. 1 BREAKFAST	Fri., Dec. 2 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., Dec. 5 BREAKFAST	Tues., Dec. 6 BREAKFAST	Wed., Dec. 7 BREAKFAST	Thurs., Dec. 8 BREAKFAST	Fri., Dec. 9 BREAKFAST
	pancakes w/syrup mixed fruit juice, milk	choice of cereal, English muffin, fruit sauce juice, milk	cinnamon roll sausage, fruit sauce juice, milk	breakfast pizza pineapple juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Week 1	Mon., Nov. 21 BREAKFAST	Tues., Nov. 22 BREAKFAST	Wed., Nov. 23	Thurs., Nov. 24	Fri., Nov. 25
	*corn dog nuggets mandarin oranges steamed broccoli baked potato milk	*chicken nuggets oven baked tator tots pineapple, green beans slice of *bread milk	NO CLASS	NO CLASS	NO CLASS
	LUNCH	LUNCH			
Week 2	Mon., Dec. 5 BREAKFAST	Tues., Dec. 6 BREAKFAST	Wed., Dec. 7 BREAKFAST	Thurs., Dec. 8 BREAKFAST	Fri., Dec. 9 BREAKFAST
	beef stew, tossed salad, *crackers, *garlic breadstick pears milk	barbecue on *bun oven baked wedges chilled peaches milk	chicken ala king on a *biscuit, fresh carrot & celery sticks fresh oranges slices milk	*chicken patty on a *bun, steamed broccoli, baked beans, pineapple milk	grilled cheese sandwich romaine salad tomato soup applesauce, *crackers milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

GILMANTON SCHOOLS MENU 2016-17

(* denotes Whole Grain Products)

Week 4	Mon., Dec. 12 BREAKFAST	Tues., Dec. 13 BREAKFAST	Wed., Dec. 14 BREAKFAST	Thurs., Dec. 15 BREAKFAST	Fri., Dec. 16 BREAKFAST
	waffle w/syrup cheese stick, applesauce juice, milk	ham patty toast w/jelly, fruit sauce juice, milk	apple frudel fruit sauce juice, milk	breakfast pizza pineapple juice, milk	choice of cereal toast, fruit sauce juice, milk
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Week 5	Mon., Dec. 19 BREAKFAST	Tues., Dec. 20 BREAKFAST	Wed., Dec. 21 BREAKFAST	Thurs., Dec. 22 BREAKFAST	Fri., Dec. 23 BREAKFAST
	strawberry mini bagels pears juice, milk	ham & cheese on bun pineapple juice, milk	sausage & cheese biscuit peaches juice, milk	lumberjack w/syrup pears juice, milk	
	LUNCH	LUNCH	LUNCH	LUNCH	
Week 6	Mon., Jan. 2 BREAKFAST	Tues., Jan. 3 BREAKFAST	Wed., Jan. 4 BREAKFAST	Thurs., Jan. 5 BREAKFAST	Fri., Jan. 6 BREAKFAST
		breakfast egg & cheese wrap, fruit sauce juice, milk	scrambled eggs toast w/jelly, fruit sauce juice, milk	waffle w/syrup cheese stick, pears juice, milk	choice of cereal English muffin, fruit sauce juice, milk
		LUNCH	LUNCH	LUNCH	LUNCH
		hot ham & American cheese on *bun sweet potatoes, mixed veggies, fruit cocktail 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