

## GILMANTON SCHOOLS MENU 2016-17

(\* denotes Whole Grain Products)

<b>Week 1</b>	<b>Mon., Oct. 10</b> <b>BREAKFAST</b>	<b>Tues., Oct. 11</b> <b>BREAKFAST</b>	<b>Wed., Oct. 12</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 13</b> <b>BREAKFAST</b>	<b>Fri., Oct. 14</b> <b>BREAKFAST</b>
	breakfast pizza peaches juice, milk	pancakes w/syrup applesauce juice, milk	sausage & cheese biscuit pears juice, milk	hot dog toast, 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., Oct. 17</b> <b>BREAKFAST</b>	<b>Tues., Oct. 18</b> <b>BREAKFAST</b>	<b>Wed., Oct. 19</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 20</b> <b>BREAKFAST</b>	<b>Fri., Oct. 21</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., Oct. 24</b> <b>BREAKFAST</b>	<b>Tues., Oct. 25</b> <b>BREAKFAST</b>	<b>Wed., Oct. 26</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 27</b> <b>BREAKFAST</b>	<b>Fri., Oct. 28</b> <b>BREAKFAST</b>
	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
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 1</b>	*corn dog nuggets mandarin oranges steamed broccoli baked potato milk	*chicken nuggets oven baked tator tots pineapple, green beans slice of *bread milk	*spaghetti w/meat sauce, baked beans, shredded cheese, steamed carrots, peaches, *breadstick, milk	Mexican haystax w/fixings tortilla chips, refried beans, fresh banana milk	oven baked fish and french fries mixed vegetables chilled fruit cocktail milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 2</b>	*sausage pizza sweet potato fries seasoned green beans pears milk	hot dog on *bun baked beans fresh carrot sticks applesauce milk	chicken *tortilla wrap w/fixings, oven baked tator tots, choice of juice milk	italian pasta bake fresh cucumber slices w/dip, mandarin oranges chocolate pudding milk	italian dunkers dipping sauce fresh romaine salad cinnamon applesauce milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 3</b>	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
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>

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(\* denotes Whole Grain Products)

<b>Week 4</b>	<b>Mon., Oct. 31 BREAKFAST</b>	<b>Tues., Nov. 1 BREAKFAST</b>	<b>Wed., Nov. 2 BREAKFAST</b>	<b>Thurs., Nov. 3 BREAKFAST</b>	<b>Fri., Nov. 4 BREAKFAST</b>
	waffle w/syrup cheese stick, applesauce juice, milk <b>LUNCH</b>	ham patty toast w/jelly, fruit sauce juice, milk <b>LUNCH</b>	apple frudel fruit sauce juice, milk <b>LUNCH</b>	breakfast pizza pineapple juice, milk <b>LUNCH</b>	choice of cereal toast, fruit sauce juice, milk <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., Nov. 7 BREAKFAST</b>	<b>Tues., Nov. 8 BREAKFAST</b>	<b>Wed., Nov. 9 BREAKFAST</b>	<b>Thurs., Nov. 10 BREAKFAST</b>	<b>Fri., Nov. 11 BREAKFAST</b>
	strawberry mini bagels pears juice, milk <b>LUNCH</b>	ham & cheese on bun pineapple juice, milk <b>LUNCH</b>	sausage & cheese biscuit peaches juice, milk <b>LUNCH</b>	lumberjack w/syrup pears juice, milk <b>LUNCH</b>	choice of cereal toast w/jelly fruit sauce, juice, milk <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	*macaroni & cheese steamed carrots fresh cucumber slices w/dip, fresh orange milk
<b>Week 6</b>	<b>Mon., Nov. 14 BREAKFAST</b>	<b>Tues., Nov. 15 BREAKFAST</b>	<b>Wed., Nov. 16 BREAKFAST</b>	<b>Thurs., Nov. 17 BREAKFAST</b>	<b>Fri., Nov. 18 BREAKFAST</b>
	breakfast egg & cheese wrap, fruit sauce juice, milk <b>LUNCH</b>	cinnamon roll sausage, fruit sauce juice, milk <b>LUNCH</b>	scrambled eggs toast w/jelly, fruit sauce juice, milk <b>LUNCH</b>	waffle w/syrup cheese stick, pears juice, milk <b>LUNCH</b>	choice of cereal English muffin, fruit sauce juice, milk <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