

## GILMANTON SCHOOLS MENU 2016-17

(\* denotes Whole Grain Products)

<b>Week 1</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>Thurs, Sept. 1 BREAKFAST</b>	<b>Fri., Sept. 2 BREAKFAST</b>
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	hot dog toast, fruit sauce juice, milk	choice of cereal toast w/jelly, fruit sauce juice, milk
				Mexican haystack w/fixings tortilla chips, refried beans, fresh banana milk	oven baked fish and french fries mixed vegetables chilled fruit cocktail milk
<b>Week 2</b>	<b>Mon., Sept. 5 BREAKFAST</b>	<b>Tues., Sept. 6 BREAKFAST</b>	<b>Wed., Sept. 7 BREAKFAST</b>	<b>Thurs., Sept. 8 BREAKFAST</b>	<b>Fri., Sept. 9 BREAKFAST</b>
	NO CLASS	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>
	NO CLASS	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>Week 3</b>	<b>Mon., Sept. 12 BREAKFAST</b>	<b>Tues., Sept. 13 BREAKFAST</b>	<b>Wed., Sept. 14 BREAKFAST</b>	<b>Thurs., Sept. 15 BREAKFAST</b>	<b>Fri., Sept. 16 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>
	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

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<b>Week 4</b>	<b>Mon., Sept. 19</b> <b>BREAKFAST</b>	<b>Tues., Sept. 20</b> <b>BREAKFAST</b>	<b>Wed., Sept. 21</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 22</b> <b>BREAKFAST</b>	<b>Fri., Sept. 23</b> <b>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	breakfast pizza 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>
<b>Week 5</b>	<b>Mon., Sept. 26</b> <b>BREAKFAST</b>	<b>Tues., Sept. 27</b> <b>BREAKFAST</b>	<b>Wed., Sept. 28</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 29</b> <b>BREAKFAST</b>	<b>Fri., Sept. 30</b> <b>BREAKFAST</b>
	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	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 6</b>	<b>Mon., Oct. 3</b> <b>BREAKFAST</b>	<b>Tues., Oct. 4</b> <b>BREAKFAST</b>	<b>Wed., Oct. 5</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 6</b> <b>BREAKFAST</b>	<b>Fri., Oct. 7</b> <b>BREAKFAST</b>
	breakfast egg & cheese wrap, fruit sauce juice, milk	cinnamon roll sausage, fruit sauce juice, milk	scrambled eggs toast w/jelly, fruit sauce juice, milk	waffle w/syrup cheese stick, pears juice, milk	NO CLASS
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 6</b>	<b>Mon., Oct. 3</b> <b>BREAKFAST</b>	<b>Tues., Oct. 4</b> <b>BREAKFAST</b>	<b>Wed., Oct. 5</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 6</b> <b>BREAKFAST</b>	<b>Fri., Oct. 7</b> <b>BREAKFAST</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	NO CLASS
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>