

GILMANTON SCHOOLS MENU 2016-17

(* denotes Whole Grain Products)

Week 1	Mon., Feb 20 BREAKFAST	Tues., Feb. 21 BREAKFAST	Wed., Feb. 22 BREAKFAST	Thurs., Feb. 23 BREAKFAST	Fri., Feb. 24 BREAKFAST
	breakfast pizza peaches juice, milk LUNCH	pancakes w/syrup applesauce juice, milk LUNCH	sausage & cheese biscuit pears juice, milk LUNCH	french toast sticks fruit sauce juice, milk LUNCH	choice of cereal toast w/jelly, fruit sauce juice, milk LUNCH
	*corn dog nuggets mandarin oranges steamed broccoli baked potato milk	*chicken nuggets oven baked tator tots pineapple, green beans milk	*spaghetti w/meat sauce, baked beans, 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
Week 2	Mon, Feb. 27 BREAKFAST	Tues., Feb. 28 BREAKFAST	Wed., Mar. 1 BREAKFAST	Thurs., Mar. 2 BREAKFAST	Fri., Mar. 3 BREAKFAST
	lumberjack w/syrup mandarin oranges juice, milk LUNCH	egg omelet, toast fruit sauce juice, milk LUNCH	waffle w/syrup cheese stick, peaches juice, milk LUNCH	breakfast pizza pineapple juice, milk LUNCH	choice of cereal toast w/jelly, fruit sauce juice, milk LUNCH
	*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 peaches milk
Week 3	Mon., Mar. 6 BREAKFAST	Tues., Mar. 7 BREAKFAST	Wed., Mar. 8 BREAKFAST	Thurs., Mar. 9 BREAKFAST	Fri., Mar. 10 BREAKFAST
	pancakes w/syrup mixed fruit juice, milk LUNCH	choice of cereal fruit sauce, yogurt juice, milk LUNCH	cinnamon roll sausage, fruit sauce juice, milk LUNCH	breakfast pizza fruit sauce juice, milk LUNCH	choice of cereal toast w/jelly, fruit sauce juice, milk LUNCH
	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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Week 4	Mon. Mar. 13 BREAKFAST	Tues., Mar. 14 BREAKFAST	Wed., Mar. 15 BREAKFAST	Thurs., Mar. 16 BREAKFAST	Fri., Mar. 17 BREAKFAST
	waffle w/syrup cheese stick, applesauce juice, milk LUNCH	ham patty toast w/jelly, fruit sauce juice, milk LUNCH	apple frudel fruit sauce juice, milk LUNCH	banana bread pineapple juice, milk LUNCH	NO CLASS 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	NO CLASS
Week 5	Mon., Mar. 20 BREAKFAST	Tues., Mar. 21 BREAKFAST	Wed., Mar. 22 BREAKFAST	Thurs., Mar. 23 BREAKFAST	Fri., Mar. 24 BREAKFAST
	strawberry mini bagels pears juice, milk LUNCH	ham & cheese on bun pineapple juice, milk LUNCH	cereal, yogurt peaches juice, milk LUNCH	lumberjack w/syrup pears juice, milk LUNCH	choice of cereal toast w/jelly fruit sauce, juice, milk 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	Mon., Mar. 27 BREAKFAST	Tues., Mar. 28 BREAKFAST	Wed., Mar. 29 BREAKFAST	Thurs., Mar. 30 BREAKFAST	Fri., Mar. 31 BREAKFAST
	breakfast egg & cheese wrap, fruit sauce juice, milk LUNCH	cinnamon roll sausage, fruit sauce juice, milk LUNCH	egg omelet, toast w/jelly, fruit sauce juice, milk LUNCH	pancake glazers, cheese stick, pears juice, milk LUNCH	choice of cereal English muffin, fruit sauce juice, milk 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