

## GILMANTON SCHOOLS MENU 2017-18

(\* denotes Whole Grain Products)

<b>Week 1</b>	<b>Mon., Sept. 4</b> <b>BREAKFAST</b>	<b>Tues., Sept. 5</b> <b>BREAKFAST</b>	<b>Wed., Sept. 6</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 7</b> <b>BREAKFAST</b>	<b>Fri., Sept. 8</b> <b>BREAKFAST</b>
	<b>NO CLASS</b>	pancakes w/syrup <u>or</u> cereal/granola bar, fruit, juice, milk	sausage & cheese biscuit <u>or</u> cereal/granola bar, fruit, juice, milk	french toast sticks <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, toast w/jelly, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 2</b>	<b>Mon., Sept. 11</b> <b>BREAKFAST</b>	<b>Tues., Sept. 12</b> <b>BREAKFAST</b>	<b>Wed., Sept. 13</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 14</b> <b>BREAKFAST</b>	<b>Fri., Sept. 15</b> <b>BREAKFAST</b>
	lumberjack w/syrup <u>or</u> cereal/granola bar, fruit, juice, milk	egg omelet, toast <u>or</u> cereal/granola bar, fruit, juice, milk	waffle, syrup, cheese stick <u>or</u> cereal/granola bar, fruit, juice, milk	cinnamon donuts <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, toast w/jelly, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 3</b>	<b>Mon., Sept. 18</b> <b>BREAKFAST</b>	<b>Tues., Sept. 19</b> <b>BREAKFAST</b>	<b>Wed., Sept. 20</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 21</b> <b>BREAKFAST</b>	<b>Fri., Sept. 22</b> <b>BREAKFAST</b>
	pancakes w/syrup <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, yogurt, fruit, juice, milk	cinnamon roll, sausage patty, <u>or</u> cereal/granola bar, fruit, juice, milk	breakfast pizza <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, toast w/jelly, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 1</b>	<b>Mon., Sept. 4</b> <b>BREAKFAST</b>	<b>Tues., Sept. 5</b> <b>BREAKFAST</b>	<b>Wed., Sept. 6</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 7</b> <b>BREAKFAST</b>	<b>Fri., Sept. 8</b> <b>BREAKFAST</b>
	<b>NO CLASS</b>	*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
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 2</b>	<b>Mon., Sept. 11</b> <b>BREAKFAST</b>	<b>Tues., Sept. 12</b> <b>BREAKFAST</b>	<b>Wed., Sept. 13</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 14</b> <b>BREAKFAST</b>	<b>Fri., Sept. 15</b> <b>BREAKFAST</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 peaches milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Week 3</b>	<b>Mon., Sept. 18</b> <b>BREAKFAST</b>	<b>Tues., Sept. 19</b> <b>BREAKFAST</b>	<b>Wed., Sept. 20</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 21</b> <b>BREAKFAST</b>	<b>Fri., Sept. 22</b> <b>BREAKFAST</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>

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<b>Week 4</b>	<b>Mon., Sept. 25</b> <b>BREAKFAST</b>	<b>Tues., Sept. 26</b> <b>BREAKFAST</b>	<b>Wed., Sept. 27</b> <b>BREAKFAST</b>	<b>Thurs., Sept. 28</b> <b>BREAKFAST</b>	<b>Fri., Sept. 29</b> <b>BREAKFAST</b>
	waffle, syrup, cheesestick <u>or</u> cereal/granola bar, fruit, juice, milk	ham patty, toast, jelly <u>or</u> cereal/granola bar, fruit, juice, milk	apple frudel <u>or</u> cereal/granola bar, fruit, juice, milk	banana bread <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, toast, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<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., Oct. 2</b> <b>BREAKFAST</b>	<b>Tues., Oct. 3</b> <b>BREAKFAST</b>	<b>Wed., Oct. 4</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 5</b> <b>BREAKFAST</b>	<b>Fri., Oct. 6</b> <b>BREAKFAST</b>
	strawberry mini bagels <u>or</u> cereal/granola bar, fruit, juice, milk	ham & cheese on bun <u>or</u> cereal/granola bar, fruit, juice, milk	cereal, yogurt, fruit, juice, milk	lumberjack w/syrup <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, toast w/jelly, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<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., Oct. 9</b> <b>BREAKFAST</b>	<b>Tues., Oct. 10</b> <b>BREAKFAST</b>	<b>Wed., Oct. 11</b> <b>BREAKFAST</b>	<b>Thurs., Oct. 12</b> <b>BREAKFAST</b>	<b>Fri., Oct. 13</b> <b>BREAKFAST</b>
	egg & cheese wrap <u>or</u> cereal/granola bar, fruit, juice, milk	cinnamon roll, sausage patty <u>or</u> cereal/granola bar, fruit, juice, milk	scrambled eggs, toast, jelly, <u>or</u> cereal/granola bar, fruit, juice, milk	pancake glazers, cheese stick <u>or</u> cereal/granola bar, fruit, juice, milk	choice of cereal, English muffin, fruit, juice, milk
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<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