

Gilford School District

GMS Breakfast

Nov 30, 2017

Meal includes: Entrees - Pick one

Sides - Pick one up to Three , must include a fruit, fruit Juice or vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch
Dec - 4 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 5 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 6 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 7 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 8 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

Gilford School District

GMS Breakfast

Nov 30, 2017

Meal includes: Entrees - Pick one

Sides - Pick one up to Three , must include a fruit, fruit Juice or vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 11 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 12 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 13 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 14 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 15 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch
Dec - 18 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 19 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 20 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 21 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch	Dec - 22 Entrees Breakfast Sandwich Double Chocolate M Blueberry Muffin Breakfast Pizza Cereal with Yogurt French Toast Sticks Mini Bagel W Cinn. Cream Cheese Fruit & Yogurt Parfait Granola Side Dishes Hash Brown Raisins Apple Juice Orange Juice Fruit Punch

USDA is an equal opportunity provider and employer.

All meals come with choice of skim white milk or skim chocolate milk or 1% white milk

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.