

Gilford School District

GMS Lunch

Dec 7, 2017

Meal includes: Entrees - Pick one

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

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 Entrees Hamburger Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Flowerets Fruit Cup Fresh Fruit
Dec - 4 Entrees Korean Chicken Dipp Brown Rice Dinner Roll Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Flowerets Fruit Cup Fresh Fruit	Dec - 5 Entrees Penne Chix Alfredo Dinner Roll French Bread Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Peas Fruit Cup Fresh Fruit	Dec - 6 Entrees Nachos with Cheese Sauce Chili Con Carne Personal Cheese Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Corn Fruit Cup Fresh Fruit	Dec - 7 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	Dec - 8 Entrees Pulled BBQ Pork Sandwich Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Bake Bean Casserole Fruit Cup Fresh Fruit
Dec - 11 Entrees Buffalo Chicken Sandwich Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Side Dishes Side Salad Fruit Cup Fresh Fruit	Dec - 12 Entrees Penne Pasta and Meat Sauce Dinner Roll French Bread Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Peas Fruit Cup Fresh Fruit	Dec - 13 Entrees Chicken Fajitas Brown Rice Personal Cheese Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Sweet & Spicy Bean Fruit Cup Fresh Fruit	Dec - 14 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	Dec - 15 Entrees Hot Open Face Turkey Sub Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Fruit Cup Fresh Fruit

**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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 18	Dec - 19	Dec - 20	Dec - 21	Dec - 22
Entrees Buffalo Chicken Fingers Brown Rice Dinner Roll Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Fruit Cup Fresh Fruit	Entrees Mac & Cheese Dinner Roll French Bread Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Peas Fruit Cup Fresh Fruit	Entrees Chicken Quesadilla Brown Rice Personal Cheese Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Chili Fruit Cup Fresh Fruit	Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	Entrees Hot Dog Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chix Fillet Sandwich Side Dishes Side Salad Fruit Cup Fresh Fruit

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

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