

Gilford School District

GMS Lunch

Apr 11, 2017

Meal includes: Entrees - Pick one

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

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Entrees Meatball Sub Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chix Fillet Sandwich Side Dishes Side Salad Fruit Cup Fresh Fruit	May - 2 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	May - 3 Entrees Chicken Fajitas Brown Rice Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Sweet & Spicy Bean Fruit Cup Fresh Fruit	May - 4 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	May - 5 Entrees Hamburger Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Flowerets Fruit Cup Fresh Fruit
May - 8 Entrees Buffalo Chicken Sandwich Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Side Dishes Side Salad Fruit Cup Fresh Fruit	May - 9 Entrees Chicken&Gravy over Biscuits Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Fruit Cup Fresh Fruit	May - 10 Entrees Nachos with Cheese Sauce Chili Con Carne Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Corn Fruit Cup Fresh Fruit	May - 11 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	May - 12 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
May - 15 Entrees Buffalo Chicken Fingers Brown Rice Dinner Roll Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Side Salad Fruit Cup Fresh Fruit	May - 16 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	May - 17 Entrees Chicken Quesadilla Brown Rice French Bread Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Chili Fruit Cup Fresh Fruit	May - 18 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	May - 19 Entrees Steak and Cheese S Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Broccoli Flowerets 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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Meal includes: Entrees - Pick one

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 22 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	May - 23 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	May - 24 Entrees Tacos Brown Rice Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Refried Beans Fruit Cup Fresh Fruit	May - 25 Entrees Gills Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Carrot Sticks Fruit Cup Fresh Fruit	May - 26 Entrees Chicken Nuggets 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
May - 29	May - 30 Entrees Penne and Meatballs Dinner Roll French Bread Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Peas Fruit Cup Fresh Fruit	May - 31 Entrees Beef Burrito Brown Rice Stuffed Crust Pizza Assorted Deli Sandwiches Assorted Deli Salads Spicy Chic Burger Chicken Burger Side Dishes Sweet & Spicy Bean 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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