

Gilford School District

Meal includes: Entrees - Pick one

Feb 1, 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 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
Feb - 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	Feb - 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	Feb - 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	Feb - 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	Feb - 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.

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Feb - 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	Feb - 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	Feb - 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	Feb - 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	Feb - 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
Feb - 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	Feb - 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	Feb - 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	Feb - 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	Feb - 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

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