

# Gilford School District

Meal includes: Entrees - Pick one

Oct 31, 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 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	Nov - 2 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
Nov - 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	Nov - 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	Nov - 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	Nov - 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	Nov - 9 Closed Parent Teach

*\*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
Nov - 12  Veterans Day	Nov - 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	Nov - 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	Nov - 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	Nov - 16  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
Nov - 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	Nov - 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	Nov - 21  Closed Thanksgiving	Nov - 22  Closed Thanksgiving	Nov - 23  Closed Thanksgiving

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
Entrees	Entrees	Entrees	Entrees	Entrees
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Double Chocolate M	Double Chocolate M	Double Chocolate M	Double Chocolate M	Double Chocolate M
Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin	Blueberry Muffin
Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza
Cereal with Yogurt	Cereal with Yogurt	Cereal with Yogurt	Cereal with Yogurt	Cereal with Yogurt
French Toast Sticks	French Toast Sticks	French Toast Sticks	French Toast Sticks	French Toast Sticks
Mini Bagel W Cinn.	Mini Bagel W Cinn.	Mini Bagel W Cinn.	Mini Bagel W Cinn.	Mini Bagel W Cinn.
Cream Cheese	Cream Cheese	Cream Cheese	Cream Cheese	Cream Cheese
Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt
Parfait	Parfait	Parfait	Parfait	Parfait
Granola	Granola	Granola	Granola	Granola
Side Dishes	Side Dishes	Side Dishes	Side Dishes	Side Dishes
Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown
Raisins	Raisins	Raisins	Raisins	Raisins
Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Fruit Punch	Fruit Punch	Fruit Punch	Fruit Punch	Fruit Punch

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