

# Gilford School District

Meal includes: Entrees - Pick one

Oct 31, 2018

Page 1

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

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  | Nov - 1<br><br>Entrees<br>Gills Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Fruit Cup<br>Fresh Fruit  | Nov - 2<br><br>Entrees<br>Grilled Cheese Sandwich<br>Tomato Soup<br>Stuffed Crust Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Broccoli<br>Fruit Cup<br>Fresh Fruit |
| Nov - 5<br><br>Entrees<br>Maxx Pizza Stick<br>Personal Cheese Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Side Salad<br>Fruit Cup<br>Fresh Fruit | Nov - 6<br><br>Entrees<br>Buffalo Chicken Fingers<br>Brown Rice<br>Dinner Roll<br>Stuffed Crust Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Side Salad<br>Fruit Cup<br>Fresh Fruit | Nov - 7<br><br>Entrees<br>Nachos with Cheese Sauce<br>Chili Con Carne<br>Personal Cheese Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Corn<br>Fruit Cup<br>Fresh Fruit | Nov - 8<br><br>Entrees<br>Gills Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Fruit Cup<br>Fresh Fruit  | Nov - 9<br><br>Closed Parent Teach  |
| Nov - 12<br><br>Veterans Day  | Nov - 13<br><br>Entrees<br>Penne Pasta and Meat Sauce<br>Dinner Roll<br>French Bread Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Peas<br>Fruit Cup<br>Fresh Fruit                  | Nov - 14<br><br>Entrees<br>Corn Dog<br>Stuffed Crust Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Broccoli<br>Flowerets<br>Mac & Cheese<br>Fruit Cup<br>Fresh Fruit    | Nov - 15<br><br>Entrees<br>Gills Pizza<br>Assorted Deli Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Fruit Cup<br>Fresh Fruit | Nov - 16<br><br>Turkey Dinner<br>Mashed Potatoes<br>Dinner Roll<br>Peas<br>Apple Crisp<br>Cranberry Sauce   |

*\*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

Meal includes: Entrees - Pick one

Oct 31, 2018

Page 2

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

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday                              |
|---|---|--|--|-------------------------------------|
| Nov - 19<br><br>Entrees<br>Ham and Cheese Cr<br>Stuffed Crust Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Black Bean Salad<br>Fruit Cup<br>Fresh Fruit | Nov - 20<br><br>Entrees<br>French Toast Sticks<br>Sausage Link<br>Hash Brown<br>Stuffed Crust Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Fruit Cup<br>Fresh Fruit | Nov - 21<br><br>Closed Thanksgiving  | Nov - 22<br><br>Closed Thanksgiving  | Nov - 23<br><br>Closed Thanksgiving |
| Nov - 26<br><br>Entrees<br>Corn Dog<br>Stuffed Crust Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Broccoli<br>Flowerets<br>Mac & Cheese<br>Fruit Cup<br>Fresh Fruit      | Nov - 27<br><br>Entrees<br>Chix Bacon Ranch<br>Sandwich<br>Stuffed Crust Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Side Dishes<br>Side Salad<br>Fruit Cup<br>Fresh Fruit   | Nov - 28<br><br>Entrees<br>General Tso's Chick<br>Dinner Roll<br>Brown Rice<br>Personal Cheese<br>Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Broccoli<br>Fruit Cup<br>Fresh Fruit | Nov - 29<br><br>Entrees<br>Gills Pizza<br>Assorted Deli<br>Sandwiches<br>Assorted Deli Salads<br>Spicy Chic Burger<br>Chicken Burger<br>Side Dishes<br>Carrot Sticks<br>Fruit Cup<br>Fresh Fruit | Nov - 30                            |

*\*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.